

AKECHETA TEVEZ

NATIVE AMERICAN - HERBALIST'S - BIBLE



10 BOOKS IN 1

200+ ANCIENT HERBAL REMEDIES
AND MEDICINAL PLANTS TO IMPROVE
WELLNESS AND HEAL NATURALLY,
CREATING YOUR HERBAL DISPENSATORY
AND APOTHECARY TABLE

NATIVE AMERICAN HERBAL APOTHECARY

AKECHETA TEVEZ

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AKECHETA TEVEZ

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200+ Ancient Herbal Remedies and Medicinal Plants to Improve Wellness and Heal Naturally, Creating your Herbal Dispensatory and Apothecary Table

Akecheta Tevez

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Introduction Bundle

Why do we need herbs in our diet? First, the number of benefits of herbs is limitless. Second, herbs are, in fact, medicines in smaller dosages.

Herbs are high in antioxidants, vitamins, minerals, essential oils, and phytosterols, which assist our bodies fight pathogens, defend against poisons, and strengthen our immune systems.

Natural herbal treatments for health and skin soften the skin and keep the body healthy and youthful. Unfortunately, the world around us is becoming increasingly polluted, which harms our skin. This article highlights all-natural herbal treatments for health and skin that are readily available in every home. Healthy lifestyle choices can delay natural aging and prevent many skin disorders with good skincare. Begin with these five straightforward suggestions.

For all types of health and skin issues, home treatment is the most excellent option. They have no adverse effects and offer glowing skin and a healthy physique. When you're under a lot of stress, you should treat your body better. Fortunately, herbal treatments for health and hide in the shape of vitamins and supplements can assist you with getting through these difficult moments. We've listed some of the existing natural solutions for your skin concerns further down. Herbs contain various volatile oils, vitamins, and antioxidants that have been shown to kill cancer cells in the colon, prostate, pancreas, and endometrium.

Herbs have been discovered to possess special chemicals that help people with diabetes lower their blood sugar levels. Furthermore, they can lower total cholesterol and blood pressure, reducing the risk of heart disease and stroke.

Because I am grateful for the period we live in today, finding a remedy with natural herbs has gotten a lot easier, and it doesn't involve much effort on your part. However, this was not a case where natural therapies were unknown a few years ago. This is why I'm writing this series to make things even more accessible.

Natural therapies have been shown to help people overcome their health and skin problems. Still, treatments with other natural herbs for Health and Skin advantages have also been beneficial. Natural therapies for illness are gentle on your system and work with your body instead, and there are many natural remedies available today.

This ten-in-one book will help you manage your health in the most efficient manner possible, as well as improve your life, energy, and vitality. You'll find the following books here: **Native American Herbalism Apothecary, Herbal Dispensatory, The Exhaustive Companion to Herbal Medicine, Essential Oil, Medicinal Herbs, Medicinal Plants, Heal Naturally With The apothecary Table, Herbal Remedies & Recipes vol.1, Herbal Remedies & Recipes vol. 2, and Herbal Remedies & Recipes for kids.**

My short guide to herbal treatments is a comprehensive alternative health resource that includes information on a wide range of natural medicines, nutritional healing foods, and the deficiencies linked to each disease or sickness. Herbs have been utilized medicinally for thousands of years by people from all over the world. Individuals should conduct a study and check with their physician and a competent herbalist before taking any herb. Herbs, like pharmaceuticals, can be dangerous and have severe negative effects when used with other treatments. I'll keep working hard to be a great source of information on living dietary remedies, alternative treatment choices, and natural treatments, as well as a living library with a large selection of herbs. The information in this book is meant to provide valuable insight into healthy living choices. Still, it should not be used in place of counsel from a competent alternative expert or allopathic physician.

When ingested in adequate doses, other chemical compounds in herbs have stimulant, analgesic, diaphoretic, carminative, aphrodisiac, digestive, lipolytic (weight loss), and deodorant properties.

The presence of essential oils in herbs has been proven to have an anti-inflammatory impact; they block the enzyme cyclooxygenase (COX), which is responsible for mediating the inflammatory cascade in the body. This indicates that herbs may help with rheumatoid arthritis, osteoarthritis, ulcerative colitis, and a variety of other anti-inflammatory conditions.

Herbs and other plant components have been used for therapeutic purposes long before Western medicine and most other healing traditions, such as Chinese and Indian medicine. For example, medicinal plants were often utilized to treat acute and chronic diseases in Traditional Chinese and Ayurvedic medicine. Likewise, aboriginal North and South American practitioners have used remarkably comparable plant cures.

This Ultimate Guide will teach you about:

- **Herbal Medicine's History**
- **Preparation of Herbal Medicine**
- **Herbal Medicines: How to Store and Take Them**
- **Over 100 Important Herbs and Their Applications**
- **Flower Treatments**
- **Essential Oils**
- **How to Heal Naturally with The Apothecary Table**
- **Herbal Remedies & Recipes - Vol. 1**
- **Herbal Remedies & Recipes - Vol. 2**
- **Herbal Remedies & Recipes for Kid**

And so much more! Join me on this journey, and I look forward to both serving and pleasing you.

NATIVE AMERICAN HERBALISM APOTHECARY

INTRODUCTION

What is it about plants that captivate us and makes us want to learn their therapeutic secrets? Maybe it's a harkening back to a time when we all knew how to use them as medicine. It could also be a desire to strengthen our bond with nature and learn more about its healing powers. Some of us are motivated by a basic desire to learn about a different approach to medicine than the established norm. It would help if you realized that herbalism and herbal medicine are time-honored traditions with a lot to offer you, your family, and your community, regardless of how you become interested in herbal therapy. Although much of the world's population uses plants for treatment, herbalism is frequently regarded as folk medicine, and several herbs have been ruled hazardous for broad ingestion. Some would argue that we no longer need herbs because we now have advanced medical techniques and medicine for every ailment. Some argue that we should abandon old practices because they are unsuccessful and instead embrace new practices because they are superior. As a result of such views, herbal knowledge, which was previously widespread in every home, has become scarce. However, circumstances are changing, and more and more of us are hearing the call to return to our origins.

Herbs can be learned in a variety of ways. One of the most effective methods to learn is from professors who share their experiences and knowledge. They have a lot of knowledge about herbs and how to use them. Find herbal medicine teachers in your neighborhood who practice the traditional methods. Work on a herb farm or take a lesson or workshop. To obtain new perspectives on how to use the plants, form a mentoring connection. It's also critical that you devote attention to the plants. Sit outside with a cup of herbal tea or find a herb blooming in your yard. What do you think you see? What do you think it smells like? How does it make you feel when you drink the herb's tea? Your knowledge of the plant is incomplete unless you have touched, seen, smelled, and tasted it. Then, of course, there are numerous books on herbs and herbalism that are accessible. We are lucky to have access to books

published centuries ago as well as subsequent generations of books. They include a wide range of characteristics and influences (such as astrology) in herbal therapy, and the majority of them agree on which plants should be used when and how. This material is based on years of research, study, and experience. However, now and again, you'll come across knowledge in one source that contradicts what you've learned elsewhere. I continue to find amusement in my pupils' dissatisfaction with the varied viewpoints while researching herbs. This, on the other hand, is a positive thing! Each herbalist gives a detailed overview of how the plant works and how they have used it.

This knowledge is derived from the herbalist's time spent with the plant. It's fine if you have an entirely different experience with the same herb. One thing that most herbalists agree on is that when herbs are eaten, they perform specific roles.

- Herbs aid in the elimination of waste from the body. Herbs help the body get rid of the old and make room for the new when it suffers from poor digestion or sluggish detoxification.
- Herbs aid in the healing process. Their mineral and vitamin content aids in the body's healing and re-establishment of normal form and function.
- Herbs boost the body's overall energy levels. Herbs boost the body by assisting in the healing and detoxification process, which boosts energy levels daily.

This book is for the beginner herbalist who wants a lot of information all in one location. Many herb publications focus on specific species, medicine-making, or the history of herbs. Still, I wanted to write a book covering various topics from traditional and scientific views. As a herbalist who later became a biochemist and then a naturopathic physician, I am a data collector. This book is an attempt to pass on some of the knowledge I've gained about herbs. I believe the book's components will aid you in understanding herbal medicine from a philosophical, scientific, and traditional standpoint. I believe that by weaving in anatomy, plant descriptions, and herbal treatment suggestions, you will be able to see this dynamic system from a holistic perspective and gain a clear understanding of how and when to employ plants as medicine. Remember that traditional herbalism is significantly more sophisticated than what is covered in this book as you begin your herbal studies. Herbalism works on a deeper level, incorporating concepts such as tissue states (excitation, depression, atrophy, stagnation, tension, and relaxation), the four qualities or natures (hot, cool, dry, damp), the patient's temperament, and the plant's energetics (subtle energies).

Many herbs are high in minerals, which provide the body with the therapeutic elements necessary for cellular regeneration, circulation, excretion, and organ function. To demonstrate the efficiency of herbs, we can scientifically assess physiological function after they have been supplied. Consider the following examples. Gingerols are powerful anti-inflammatory chemicals found in ginger. Several clinical trials involving arthritis patients discovered that ginger extracts reduced pain and inflammation by affecting the inflammatory process at the cellular level. Following the use of immune-stimulating herbs, blood cell counts demonstrate an increase in white cell counts. Biopsies conducted following herbal supplementation revealed good cellular structural alterations. Modern medicine excels at isolating plants and body parts, but it falls short in the dynamic principles of holism and systemic unity. Consider the entire system rather than isolated components or symptoms, whether you're thinking about a plant or your own body. When using herbs, consider the whole plant and how it will influence the body holistically. Meadowsweet tea, for example, is commonly used to treat stomach disorders and can be especially beneficial for youngsters suffering from diarrhea. Salicylic acid, a key element in aspirin, is one of the meadowsweet's constituents (scientifically active components within the herb). When salicylic acid is eaten in its pure form, it might irritate the stomach lining. On the other hand, meadowsweet contains antioxidants called polyphenols, which protect the stomach wall and salicylic acid. This means that meadowsweet has the required pain-relieving effect without causing stomach irritation.

CHAPTER ONE

THE HERBALIST'S WAY

Plant medicine was once widely taught in homes and shared among communities throughout the Americas and worldwide. Although the popularity of modern medicine has led to a decline in traditional traditions, herbal medicine is experiencing a rebirth in North America, and herbal practitioners are helping people through the mystery and practicality of plant power. Although it is difficult to pinpoint the origins of herbal medicine, we know that tribal communities have used therapeutic herbs for many generations. Herbs were originally consumed as basic foods, but human curiosity being what it is, some experimented with plants and discovered their benefit in health and healing. Since prehistory, herbs have been utilized for illness and fever, broken bones, blood illnesses, and various other ailments. People subsequently realized that utilizing herbs preventatively encouraged some of their most powerful effects, bolstering the body's ability to resist disease. The vinegar of the four thieves, for example, was eaten by burglars in Marseilles, France, during the bubonic plague pandemic. None of the criminals who took daily dosages of the vinegar succumbed to the plague after looting the homes of those who had become ill. Medicinal plants, particularly simple herbs recognized for their capacity to reduce fever, heal wounds, and treat bites, were once commonly planted in home gardens.

Herbal medicines were widely used, and if a person didn't know which herb to take for a certain ailment, he could go to a house where rosemary flourished, knowing that this would be the best source of herbal knowledge. Herbal treatments were passed down from generation to generation in the same way the any good narrative is passed down. In reality, many of our grandparents made herbal concoctions and kept them in the cabinet. Herbal medicines began to be mistrusted as inferior medicine as the period of modern medicine progressed—not because they were harmful or dangerous, but because they were thought to be inferior to the new synthetic medications. You have a lot to think about and be thrilled about as a developing herbalist. I've talked to a lot of folks about how they got into herbs and when it started. For many, the awareness that what was being presented about using herbs medicinally made a lot of sense was all it took.

In contrast to the often overpowering and perplexing American model of modern medicine, Herbal medicine offered something familiar and reassuring. I like to think that knowing the foundations of herbs and how they operate us the confidence to take care of ourselves and our loved ones if our family members or we get a cold or the flu, an upset stomach, or muscle pain. The link that is formed between the human and the plants is one feature of herbs that I truly love. Every journey is unique, and plant medicine supports this by providing limitless resources and fostering partnerships based on knowledge and experience.

The roles of botanical herbs, mathematics, alchemy, and astrology in medicine were established in the sixteenth and seventeenth centuries by German-Swiss physician and alchemist Paracelsus and herbalist, physician, and astrologist

Nicholas Culpepper. Although some consider astrology and alchemy to be mere superstition, the naturopathic aspects of botany and mathematics have been raised to legitimate professions in recent years. However, balanced learning, interpreting, and employing inconsistent plant medicine requires this combination of studies. Thanks to scientific research, we can now investigate plants, their qualities, and how they work as herbal medicines. Herbal therapies have been tested and demonstrated to produce the same results consistently. Many herbs have been well researched, and there is no doubt that they have healing properties and are both useful and safe. Herbal research and regulation are hot topics, and I'll be honest, I'm not sure where I stand on them. However, research may be beneficial in advancing the usage of plant treatments and educating and raising knowledge about the medicinal powers of herbs. Every day, a diverse spectrum of consumers visit my herb shop, from individuals who have no prior knowledge of herbs to highly expert herbalists. Some people require a scientific explanation of how plants act within the body, and they are dubious of herbal cures unless they receive one.

Perhaps more research will offer opportunities for folks who aren't interested in learning about herbs in the traditional sense. It's important to note that not every research is reliable. Always read the fine print of every study you come across. Who was the one who conducted the test? Was the test done on just one part of the plant or all of it? Is there a marketed product connected to the test that the researcher makes or sells? Depending on the exam's aims, this information can help determine if the test is objective or subjective. If you wish to learn more about herbal research, I recommend the American Botanical Council (abc.herbalgram.org) and the work of its creator, herbalist Mark Blumenthal.

Herbalists are doing incredible things all around the world. Consider the work of Rosemary Gladstar, an author, healer, and teacher who founded United Plant Savers. United Plant Savers' mission is to save native medicinal plants and their environments via study, education, and conservation. Rosemary has evolved into a visionary outside the confines of her profession as a result of her devotion. In the 1970s, she began combining medicinal plants for teas because she believed in the treatment and felt compelled to share it. Mark Blumenthal is another passionate herbalist in North America who has dedicated his life to the study, commerce, and research of herbal medicine. He urges the public to make informed, responsible decisions about herbal therapy as an acknowledged aspect of healthcare as the creator of the American Botanical Council. The council's objective is to educate the public, researchers, educators, healthcare professionals, industry, and the media about the ethical use of herbal medicine utilizing science-based and traditional information. Mark began his herbal quest as a weekend warrior. He began collecting herb books from natural grocery stores as a young adult in the 1960s and exploring the woods to identify the plants he was studying. Selling herbs to tiny, local grocers was Mark's first serious business venture, which eventually blossomed into a firm that created and distributed Mark's herbal goods. Since then, he has established himself as a leader in the field of herbal product regulation. After years of labor, Mark realized that herbal education was the missing link in North America and decided to devote his life to it.

Donnie Yance, a health consultant and the creator of the Mederi Centre for Natural Healing in southern Oregon, is a herbalist and visionary. His life was never the same once he read Jethro Kloss' book *Back to Eden*. He was so moved by herbs and their possibilities that he pursued herbal studies at the Sequoyah College of Herbology. He eventually founded the Centre for Natural Healing, specializing in herbal formulation and compounding, particularly cancer treatment. EarthSong Herbals, busy family practice, and herb school in Marblehead, Massachusetts, is owned and operated by Margi Flint. She has been practicing herbal medicine for almost 35 years. She consults with clients and teaches a variety of classes throughout the year. She is also the author of *The Practicing Herbalist: Meeting with*

Clients, *Reading the Body*, a textbook for herbalists that is a wonderful resource for anybody interested in practicing herbalism. Paul Berger founded the North American Institute of Medical Herbalism and later the Colorado School of Clinical Herbalism to provide greater chances for herbal study and clinical experience. His approach has paved the road for herbalists to pursue their passions while also having a good and profitable consulting career. The list of inspiring herbalists goes on and on, but they all have one thing in common: a passion for herbal medicine. Phyllis Hogan, Linda Quintana, Mimi Kamp, Matthew Wood, Sean Donahue, Jill Stansbury, David Hoffman, Sarah Holmes, David Winston, Karyn Sanders—the list of inspiring herbalists goes on and on. If you’re still reading, I’m guessing your light has been kindled as well.

As interest in herbal medicine grows, you’ll have more possibilities to participate, and you might even decide, like me, to devote your professional life to the study of herbal remedies. I went to naturopathic school to get my doctorate in medicine to practice herbal medicine as I pleased. I was scared that without a legitimate accredited degree, I would be constrained in my ability to continue working as a herbalist. Although school was a crucial aspect of my development, my initial reservations about earning a degree turned unfounded. I believe in knowledge, especially when it comes to using herbs; however, focusing on herbs is the best course of action if you want to do. Go into the woods, spend time with yourself and the flora, look for teachers, enroll in classes, and apply for internships. Surround yourself with herbs and invest time and effort in learning about them. Many localities have teachers and herb schools, but Maryland University of Integrative Health, Bastyr University, and the California Institute of Herbal Studies are three possibilities to examine if you want something more academically structured. If you enjoy herbs and wish to assist others, learn about them and train to be a herbalist. Although herbalists are not allowed to practice medicine in North America, we can educate others on how to improve their health by using herbs. Please share what you’ve learned with others so they can benefit as well. Students and herbal aficionados frequently deny themselves the title of “herbalist.” I’m here to tell you that you are a herbalist if you enjoy herbs and study them. What does the future have in store for us? ↗ Herbalists are living in interesting times. Herbalism is increasingly reclaiming its proper place as a health and healing modality.

On the other hand, herbalism evokes distinct challenges and worries as it develops and makes its way back into the mainstream. To defend the future of herbalism, be aware of such challenges. Know where your herbs originate from, protect habitats from destruction, educate yourself completely on how herbs work within the body before using them, and join herbalist guilds and groups to support them. Above all, be polite and peaceful, and enjoy yourself in whatever herbal relationship you choose, whether it’s as a hobbyist, enthusiast, or professional.

Medicine from the past

The history of medicinal plants is a long one that weaves together numerous cultures worldwide. Herbs, plants, roots, flowers, and fungi were among the first medical medications. Archaeologists have discovered evidence that therapeutic herbs were utilized in the Paleolithic Era, some 60,000 years ago, including symbolic paintings and fossilized sediments of the plants portrayed. The Sumerians, who lived more than 5000 years ago in ancient Mesopotamia (modern-day Iraq), were the first to document herbal treatments. They carved medicine concoctions related to more than 250 plants on clay slabs or tablets. Imagine the nirvana of plant life at the time! Some of these writings imply a high level of knowledge about plant elements, such as the alkaloid principles of poppy, henbane, and mandrake. These herbs must have been tried through trial and error, as no one would have known the full benefits of the plants at the time. I’m sure some of them struggled with some of the lessons. The Sumerians, considered one of the world’s oldest urban civilizations, were originally described as a matriarchal society that viewed everything through a natural lens, believing that nature was in charge of everything and abundant. The

Sumerians, like the Daoists, observed nature and its cycles to connect comparable cycles within the human body for healing purposes. People in China were also experimenting with plant medicine. Emperor Shen Nung wrote the first Chinese herbal, *Shen Nung Pen Tsao Ching*, around 2500. It documented 365 herbs with an emphasis on grasses and roots. Shen Nung, an interesting and passionate herbalist, personally tasted each of these herbs before succumbing to a deadly overdose, all in the name of plant medicine. He was known as the Yan Emperor, or celestial farmer, because of his farming background. His work is the foundation for Chinese herbalism, widely accepted and practiced in China and worldwide. Camphor, *podophyllum*, jimson weed, cinnamon bark, ginseng, gentian, and *ma huang* are just a few of the herbs he mentioned that are still commonly used today. (The ephedrine drug was first discovered in the *ma huang* bush.) The Vedas writings and East Indian Ayurveda (science of life) traditions contain numerous allusions to plant-based medical therapies. Charaka (approximately 800) and Sushruta (about 500) were two of the first Ayurvedic herbalists to write concoctions from a plant, mineral, and animal sources. These were the earliest herbal mixtures, or formulations, used to create healing prescriptions. Sushruta divided plants into sub-categories based on ailments and plant treatments. When it comes to utilizing herbs with foods, Ayurvedic techniques are the most practical, based on the simple understanding that food is medicine. Nutmeg, pepper, clove, caraway, and turmeric are all healing spices that originated in Ayurvedic tradition and are still widely used today. Egyptians were no strangers to the use of plant medicine in another part of the world, particularly because of their close relationship with Babylonia and Assyria, with whom they shared similar plant medicine and theurgist (supernatural) philosophies. Still, there is no doubt that Egyptians were less fond of medicine metaphysics. Most of our knowledge about Egyptian plant medicine comes from historians' texts, particularly Manetho (approximately 300). Monuments and graves shown on the walls are other great resources. The Papyrus Ebers, written circa 1550, contains over 800 prescription entries and 700 plant, mineral, and animal species. This was the largest *materia medica* (a body of gathered knowledge about the therapeutic characteristics of a material used for healing) and prescription document found from this period when it was discovered and translated. Herbs, including pomegranate, senna, castor oil, centaury, garlic, coriander, juniper, and willow, are used in several prescriptions. Despite Egypt's harsh growing conditions and proximity to the desert, the Egyptians developed various medicinal plants. Although many herbalists have contributed significantly to plant medicine in the future, only a few have dedicated their careers to the study of herbal medicine. The following is a condensed version of the history. It's difficult to imagine the origins of plant therapy without thinking of Greek botanist Theophrastus (371–287 BC), known as the "Father of Botany." He began his studies under Plato at a young age. Following Plato's death, he aligned himself with Aristotle. His interests were diverse, ranging from biology and physics to ethics and metaphysics. However, his passion for plants led him to write two works, *De Causis Plantarum* and *De Historia Plantarum*, culminating in a categorization system for over 500 medicinal plants. It was the first publication to stress the significance of acclimating the body to treatment by progressive doses. It was critical information about utilizing herbs properly, especially ones with high toxicity levels; knowing how to use them may differ between life and death. Pedanius Dioscorides (40–90), a physician, pharmacologist, and botanist from modern-day Turkey, is most known for being the first to regard plant medicine as applied science. He traveled extensively with Roman militaries as a physician, studying flora in-depth wherever he went. From the Middle Ages until the Renaissance, his treatise *De Materia Medica* was widely translated as the essential herbal compendium. He included not just plant descriptions but also plant names and foraging advice in his book. He also discusses extracts made by the maceration method followed by evaporation and how to express fresh plant juice and concentrate it in the sun. *De Materia Medica* was also one of the first publications to describe how to store plants, laying the groundwork for present storage techniques. Aelius Galenus, or Galen of Pergamon, a Roman physician, is credited for elevating Hippocrates' ideas to become the basis of western medicine. Galen frequently supported and wrote about Hippocrates' four senses of humor system (blood,

yellow bile, black bile, and phlegm), as well as therapeutic techniques and herbs. He believed that senses of humor were made in the body rather than being ingested and that the body produced different touches of humor in response to the foods it ate. Warm foods, for example, were more likely to create yellow bile, but cold foods were more likely to produce phlegm. The time of year, a person's age, where they lived, their job, and even their circumstances might all influence the creation of touches of humor. This approach allowed Galen to blend herbs to balance shortages or excesses based on a patient's condition. His investigation also resulted in the publication of the first book, including a list of plant medications with similar actions.

He divided plants into three categories: simples (herbs with only one quality), composites (herbs with many qualities), and entities (herbs with multiple attributes) (herbs with specific qualities, such as purgatives, emetics, and poisons). Herbalists at the time found this classification particularly useful because it gave a cross-reference for related herbs based on treatment and condition. Galen's book was widely used for 1500 years, until 1858, when Rudolf Virchow's newly released theories of cellular disease significantly supplanted his work and views. However, before Virchow, only a few people had a substantial impact on plant medicine, such as Hildegard von Bingen (1098–1165), who was sent to live with Benedictine nuns at the age of eight because of her academic abilities. Her work in the monastery gardens and assisting in the healing of the sick helped her to amass a vast knowledge of plants and herbal medicinal methods. She wrote publications about the scientific and medical properties of plants, stones, fish, reptiles, and animals, such as *Causae et Curae*, which looked at human healing through the lens of nature and its cycles. Her method was comparable to Chinese Daoist teachings, combining a holistic approach with Hippocrates' senses of humor. Plant medicine was investigated, documented, and spread worldwide through translation from the fifteenth to the seventeenth centuries. Traditional plant remedies were previously ingested in simple forms such as teas, drops, poultices, and salves. Herbalists began to compound plants and components as new knowledge and literature became available, and these mixtures were in high demand. Herbalists were able to work empirically (based on experience) rather than experimentally, which was likely a huge comfort. John Gerard, Nicholas Culpepper, and Carl Linnaeus lived during this period. Even though physicians dismissed Culpepper's work in the healing and herbal fields, it was immensely popular with the general public and is still used today. The general view was that the new compounded drug was more powerful and that more power was better. These drugs were offered at a premium price and were not available to everyone due to their great value. Does this ring a bell?

CHAPTER TWO

PLANTS GROWN IN TRADITIONAL MANNERS

Authors Peter Tompkins and Christopher Bird studied the physical, emotional, and spiritual links between plants and people in their 1973 book *e Secret Life of Plants*. They talked about several scientists who have dedicated their lives to studying plants and the results of their research. Dr. T. C. Singh, for example, researched the association between music and plants in the 1950s by playing traditional Indian music over a loudspeaker in many villages where various rice varieties were flourishing. Rice production in certain areas was 25 to 60 percent greater than the regional average during the experiment. Marcel Vogel, another researcher, discovered that plants respond to the minds of individuals who are in their vicinity. When a person willed a freshly plucked leaf to survive weeks after it was plucked, Vogel was the first to do studies that connected plants and human intents. Then there's Cleve Backster, a late-sixties polygraph examiner. He decided to connect the polygraph electrodes to the plant on his desk one night to see what would happen. When he watered the plant, the polygraph reacted similarly to when a human was experiencing emotional stimuli. Then he went it a step further, knowing that the most efficient way to elicit a strong emotional response in humans and cause the polygraph to jump was to threaten their safety. He dipped one of the plant's leaves into a cup of steaming coffee. When this failed to produce a polygraph response, he came up with a more serious plan: he would destroy the plant. A major change in the movement occurred on the polygraph the minute the notion came to him, and he visualized the flame touching the leaf. Backster had not moved, had not struck the match, but had only imagined the leaf burning, causing the plant to react. Although I do not recommend eliciting such responses from plants, I recommend simply sitting with them in the wild or your garden. Some of the plant listings will virtually jump off the page at you, begging you to learn more about them. I recommend that you first research these herbs. Even if you believe you know everything there is to know about a herb, take a new look at it to allow, the plant to reveal its secrets to you. You have all the medication you need if you know ten herbs and know them well. What kind of plants do you have on your side?

Plants: Getting to Know Them

How to Read a Plant Catalogue

Each entry in the plant directory begins with the common name of the plant, followed by its botanical Latin name. Learning the botanical names, rather than the common names, will serve you significantly better, in my opinion. Latin is the universal language of horticulture, and if you know a plant's Latin name, you can ask for it by its genuine botanical name no matter where you are on the globe. If you're looking for therapeutic herbs in a foreign nation, this is a great resource. Although common names might be useful in discovering herbs, they can be locally orientated, which means that a plant name used in one location may not be the same name used in another. I've also listed alternative popular names for each plant for that reason. The plant family is also covered, as well as the plant parts used in herbal medicine. Understanding how features within a plant family are organized can help you identify plants in the field. Plants in the Lamiaceae family, for example, are easily identifiable by their square stems.

Affected organs or systems

Some herbs are precisely aligned to improve the general operation of a physiological tissue, organ, or system and

affinity for certain organs or bodily systems. These herbs assist the targeted system is performing more efficiently by providing supporting ingredients for the tissues, organs, or processes. You can choose the most appropriate herbs for treatment after knowing which plant best supports organs and body systems. Is knowledge aids in classifying plants in a new and educated way and formulating herbal treatments and blends.

Therapeutic effects

The primary healing properties of herbal medicine are therapeutic activities. Understanding the words used to describe therapeutic effects can help you better grasp how herbs function and interact with the body.

As a tonic, **adaptogen** improves overall well-being by increasing stress tolerance and resilience.

Alterative progressively restores proper body functioning, improving health and vigor, often known as a blood cleanser.

Analgesics are pain relievers.

Anti-asthmatic medication is used to treat or prevent asthma.

Antibacterial is a substance that kills or slows the growth of germs.

Antibilious aids in the removal of excess bile from the body.

Anticatarrhal helps to relieve irritated mucous membranes in the head and neck, as well as phlegm.

Antidepressants aid in the prevention, treatment, or relief of mental depression.

Vomiting is halted with the use of an **antiemetic**.

Antifungal kills or slows the growth of fungi.

Antihemorrhagic aids in the control of bleeding or hemorrhaging.

Anti-inflammatory medication aids in the reduction of inflammation.

Antimicrobials aid in the destruction of microorganisms (germs).

An **antioxidant** is a substance that protects cells from harm.

Itching is prevented or relieved using **antipruritics**.

Antirheumatic medication relieves rheumatoid arthritis discomfort and inflammation of the joints and muscles.

Antiseptics are used to remove toxins from the body as well as waste accumulations like pus.

Nervous and muscular spasms or convulsions are relieved with **antispasmodics**.

Coughs are relieved by **antitussives**.

An **antiviral** is a substance that works against a virus's actions.

Aperient is a moderate laxative that aids in the promotion of bowel motions.

Aperitives stimulate appetite.

An **aphrodisiac** increases the capacity for sexual arousal.

Because volatile oils are commonly present, **aromatics** have powerful scents.

Astringents constrict and pull tissues together, which aids in the reduction of secretions.

Bitter stimulates the appetite or the digestive system.

Cardiotonic improves the heart's strength and tone.

Carminatives are digestive aids that aid in the expulsion of gas and the relief of bloating.

Purgative cathartic that induces bowel movements.

The gallbladder's bile flow is increased by **cholagogue**.

A **counterirritant** elicits an inflammatory response.

Mucus congestion is relieved with the use of a **decongestant**.

Mucous membrane irritation is relieved by **demulcents**.

Obstructions in the alimentary canal are removed using **deobstruent** (the digestive organs).

Depuratives purify the blood and remove contaminants.

Perspiration is increased, and the pores of the skin are opened while using a **diaphoretic**.

Urine flow is increased when you take a **diuretic**.

An **emetic** causes vomiting.

Normal menstruation is regulated and sometimes induced by **emmenagogue**.

Emollient is a moisturizer that softens and calms the skin.

The use of an **expectorant** aids in the evacuation of fluids and phlegm.

A **febrifuge** is a substance that lowers or eliminates fever.

Breast milk flow is boosted by **galactagogue**.

The flow of blood is controlled or stopped by **hemostatic agents**.

The liver is supported by the **hepatic**.

A **laxative** aids in the loosening of bowel contents, allowing for easier expulsion.

Mucolytic aids in the breakdown of thick mucus.

Body, mind, and spirit are all calmed by **nervine**.

Nutritive is a food that is high in vitamins and minerals and gives nutrition.

The **pectoral muscle** aids in the healing of the lungs.

Purgatives cause the bowels to empty quickly.

Relaxant is a substance that causes people to unwind.

A **restorative** brings a particular organ or system back into balance.

Rubefacient causes the skin to redden, blood vessels to widen, and local blood supply to increase.

The production of mucus in the respiratory tract is increased by **secretolytic**.

Sedatives have a calming, relaxing impact on the body.

A **stimulant** boosts body or organ activity for a short period.

The **Stomachic** helps to keep the stomach in good shape.

Styptic is a medication that stops bleeding.

The **tonic** boosts the body's overall strength and tone.

Wounds are treated with **vulnerary**.

Nature

Knowing the nature of a plant can help you understand how it affects bodily tissues. An herb with a chilly nature, for example, has a cooling impact on tissues. When dry tissues are needed, a plant with a dry character can aid. One of the oldest and most traditional ways of identifying herbs is through eclectic herbal lore.

Components of plants

Plants are made up of a variety of constituents, often known as components. Knowing what a herb's constituent parts are can give you a good idea of the plant's actions in the body. When you study a plant's ingredients, you're learning about how the plant works as a healing agent. That knowledge can be used to forecast what will happen when you apply or swallow it. What part of the plant helps to heal scars, dysfunctions, and dissatisfactions? Using our senses, we can often identify some of a plant's ingredients. The appearance, taste, and smell of a plant can reveal which elements are there. Volatile oils are almost always present in highly fragrant plants (concentrated aromatic oils). A sweet taste indicates carbohydrates, while a sour taste indicates the presence of tannins in the plant. With a little practice, we can learn to distinguish herbal ingredients, much like identifying flavors in foods or notes in the wine. If you put a small piece of gentian root in your mouth and chew it, for example, you will instantly taste its bitter ingredient. Take a bite of marshmallow root, and you'll notice the demulcent (soothing and mucilaginous) component right away. You'll notice the astringent or tannin component in raspberry leaf tea if you drink it.

Always engage the plants as you progress through this section of your lesson. Although we may prefer to learn about herbs and the medicine they contain through Earth-centered traditions such as sensing, utilizing, growing, and wildcrafting, we can also gain a scientific understanding of the plants. Knowing the qualities of herbs' constituents might give you a good idea of how they might work predictably. When a scientist examines a plant in a laboratory, she can isolate its constituents and investigate each one independently. She can then classify the elements based on their activities and reactions to specific stimuli, determining how each operates in the body in the process. Because of its capacity to penetrate barrier surfaces, a volatile oil, for example, often has a disinfectant effect on the body. When a volatile oil element of a plant performs consistently in the body, it may be separated from the plant and re-created in a lab as a drug that can pass through cell walls (or penetrate barrier surfaces) to begin healing. You don't have to divide the plants into their constituents the way scientists do in the lab. Herbalist Peter Holmes, who seeks to blend Chinese medicine theory and western herbalism, feels that science alone is ineffective in herbal medicine because it cannot adequately describe something alive, constantly changing, and constantly interacting with its environment. Although we can separate and identify each plant's ingredients, it's important to realize that breaking a plant down into individual pieces reduces it to a specimen, limiting its full potential. According to Rosemary

Gladstar, a renowned herbalist and the founder of Sage Mountain Retreat Center & Native Plant Preserve, some plants have elements that have no organic function for the plant but appear to help everything around it, including the soil and other plants. These plants appear to be growing only for the sake of healing the Earth—and, perhaps, ourselves.

THE BASIC FUNCTIONS OF PLANT CONSTITUENTS

Several common plant constituents act and function in specific ways within the body. Is information provides some perspective into the scientific side of herbal medicine?

1. CONSTITUENT: Acid

ACTION: Antimicrobial aids in the healing of wounds and inflammation.

SOLUBILITY: Water and alcohol.

DESCRIPTION: This compound is most commonly related to phenolic acids. It can bind with other plant materials. Muscle fibers are rebuilt, and nerve endings are healed. It has a crucial role in intestinal health. The sour taste makes the mouth pucker. It's generally thought to be safe.

2. CONSTITUENT: Alkaloid

ACTION: Varied

SOLUBILITY: Water, alcohol (some)

DESCRIPTION: Thousands have been identified; however, their exact function is unknown. Appear to impact both the body and the psyche (such as with psilocybins and morphine). The liver, nerves, lungs, and gastrointestinal system are all affected. Berberine from Oregon grape and goldenseal is odorless and colorless. From somewhat safe to extremely hazardous.

3. CONSTITUENT: Anthraquinone

ACTION: It stimulates the gastrointestinal system and reduces the time for food to pass through the intestines.

SOLUBILITY: Insoluble in water or boiling alcohol.

DESCRIPTION: Most plants and herbs have it, including senna and rhubarb. The yellow color and bitter taste are often used to identify it. 8–10 hours after administration, it is well recognized as a purgative that gently stimulates the bowels. Combined with bile salt production herbs (dandelion root, milk thistle, turmeric), which are required to bond with waste for appropriate elimination. Senna and buckthorn teas aid with constipation because other ingredients in these herbs stimulate the bowels, even though they are not water-soluble. Use a tincture to get the full anthraquinone effect (alcohol). Overdosing can produce intestinal clutching, especially in people who have diarrhea or irritable bowel syndrome.

4. CONSTITUENT: Bitters

ACTION: Improves digestion by increasing gastric secretions.

SOLUBILITY: Water, alcohol, vinegar (slightly).

DESCRIPTION: Important for the physiological function of the gastrointestinal tract. Once tasted, it causes a response in the digestive system, including an increase in hunger, stomach acids, pancreatic enzymes, and liver detoxification. When combined with another herb, it can help the herb to become more active. Blending bitter horehound, a respiratory expectorant, with mullein, a wide respiratory agent, for

example, promotes total lung healing. In general, it is thought to be safe.

5. **CONSTITUENT:** Carbohydrates

ACTION: Reduces tissue inflammation and irritation while providing systemic energy.

SOLUBILITY: Water, glycerin, alcohol (slightly).

DESCRIPTION: In the plant kingdom, it is abundant and provides a direct energy source in the form of simple sugars (pure energy) or more complicated forms that release a protective coating that soothes and heals irritated tissues (via demulcent herbs, such as comfrey leaf, marshmallow root, slippery elm bark). To soothe, calm, and heal, it stimulates relaxation and secretions in mucous membranes (such as the lungs and bladder). It's generally thought to be safe.

6. **CONSTITUENT:** Coumarin

ACTION: Anti-inflammatory, anticoagulant, and antispasmodic.

SOLUBILITY: Water, alcohol.

DESCRIPTION: Aromatic (imagine freshly mown grass) and abundant in plants. Within the plant, it aids in the control of growth and the prevention of diseases and parasites. Increases blood flow and lowers capillary permeability in the body. Because of the low toxicity, use with caution.

7. **CONSTITUENT:** Flavonoid

ACTION: Antioxidant.

SOLUBILITY: Water, alcohol.

DESCRIPTION: Plant acid that activates or deactivates chemical responses in the body. Immune function is stimulated, secretory processes are regulated, genetic expression is influenced, and cellular functions are regulated. Vitamin C absorption is not complete without it. Inhibits the production of free radicals as a result of cellular damage (especially oregano and rosemary). It's generally thought to be safe.

8. **CONSTITUENT:** Glycoside

ACTION: Aids in cellular absorption.

SOLUBILITY: Water, alcohol.

DESCRIPTION: A non-carbohydrate molecule, such as a plant acid, flavonoid, or anthraquinone, is bonded to a sugar molecule. The sugar bond speeds up absorption in the body, which is helpful if the plant contains something you need, like salicylic acid for immediate headache relief, but bad if the plant contains a toxin, like cyanide, which is easily released and absorbed when broken. To decide how to use a plant properly, you must first establish what glycoside it has. All seem to be activated when the plant is crushed, mashed, or injured, and they all operate with cellular absorption. Use at your own risk.

9. **CONSTITUENT:** Saponin

ACTION: Heals the skin.

SOLUBILITY: Water, vinegar, alcohol.

DESCRIPTION: Saponins (such as soapwort) produce a foamy, bubbling reaction when coupled with water. If you observe foam at the top of your mug when you prepare tea, saponins are present. The body uses saponins like sassafras to make cortisol and sex hormones. They are nonsystemic when taken as tea or

capsules because they react in the intestines, leaving little by-product for the liver to cleanse. Studies can also bind cholesterol, reducing its absorption via the gut—important information for anyone using cholesterol-lowering drugs. It's generally thought to be safe.

10. **CONSTITUENT:** Tannin

ACTION: Astringent.

SOLUBILITY: Water, vinegar, glycerin, alcohol.

DESCRIPTION: When eaten, phenol causes the lips to pucker and draws moisture from the mouth. As an astringent, it helps to bind tissues together, reducing inflammation and discomfort. Constricting blood vessels and releasing biological components that harden particular tissues can help stop internal or external bleeding and form a protective coating to limit internal membranes and skin harm. This activity is naturally protective, but it is not recommended for menstruation women or those who need to avoid blood vessel constriction, such as individuals with atherosclerosis or migraines. Generally, it is thought to be safe.

11. **CONSTITUENT:** Volatile oils

ACTION: Antiseptic.

SOLUBILITY: Distillation (best), alcohol (some), water (poorly).

DESCRIPTION: When exposed to air, volatile and flammable liquids generally colorless oxidize (and evaporate) quickly. Trace elements are easily broken down and discovered in breath, saliva, tears, urine, and breast milk shortly after consumption. When applied externally, it might have a systemic or local effect. Many affect the central nervous system and increase the generation of white blood cells. Because they quickly infiltrate tissues, use with caution.

Essence of flowers

Herbal medicine is typically physical medicine, meaning that ingesting medicinal plants causes the body to change physically. We hope to generate a long-term change in the body by utilizing herbs as medicine to enhance health or healing. Flower essences are utilized in the treatment of emotional and psychological issues. Edward Bach, the creator of the renowned Rescue Remedy, created the first flower essences in the 1930s. For more than 30 years, organizations like the Floral Essence Society have performed research and training in the use of flower essences. To comprehend floral essences, you must first recognize that a human being is more than just a physical body. The body is a mix of matter and consciousness. The spiritual essence, or self, can be identified as is awareness. Flower essences are energetic imprints of a plant's life force that interact with our spiritual essences to help us inspire specific attributes in ourselves. Whenever available, I've included each herb's floral essence, or energetic qualities, to give you a complete picture of the plant's health and healing potential.

Medicinal applications

Every medicinal herb has unique healing properties in the human body. I go over the benefits of each plant in terms of healing and the specifics of how herbal therapy works.

Contraindications

Contraindications are difficult to document because they aren't scientifically supported or haven't been seen in a

clinical setting. Some herbs have been condemned as a consequence of a single study. In contrast, others have been declared harmful because an isolated extracted element is deemed toxic without considering the plant's overall ability to function as a whole. Furthermore, some people utilize herbs without having a thorough understanding of how and when to use specific plants, which might result in negative consequences. Plants have been used to heal for decades, as my mentor, teacher, wise woman, and close friend Linda Quintana always said, but they must be handled wisely and with respect. Take the contraindications listed here seriously, and pay special attention to the dosing directions, especially for youngsters, individuals with weakened health, and pregnant women. And never, ever ingest or utilize any plant that you don't know is edible and safe.

Cabinet of medicines

I go over the most popular applications and dosages for each herb. You can also refer to the conventional medicinal dosing in the “Adult Dosing Basics” table unless a dose is particularly mentioned. For detailed descriptions of each application type, see “An Herbalist’s Laboratory.”

Cultivation and identification

Knowing how to identify a plant not only helps you find it in the wild or the garden, but it also helps you grasp the characteristics of a plant family and shared elements like actions and applications. Basic cultivation information is also provided to assist you in growing the herb in your yard.

Definitions of Medicine Cabinet Terms

A decoction is a method of boiling roots or bark to make a tea that may be consumed.

Fomentation used a cotton cloth soaked in a strong herbal infusion or decoction and applied to an affected area as needed.

Infusion: A brew made by pouring hot water over herbs and allowing the combination to soak to extract the herbs' active components.

Liniment is a topical treatment that improves blood circulation and promotes healing.

Menstruum is a substance or solvent that extracts medicinal ingredients from solid plant materials and dissolves them in a liquid, as in herbal tinctures.

Direct application of the plant (fresh, dried, or powdered) to the body is known as a poultice.

Tincture: A liquid containing the therapeutic ingredients of a fresh or dried herb, usually made up of alcohol and water.

COUMARINS AND SAFETY

Recently, an article was released debunking the widely held belief that all plants containing coumarin are anticoagulants. The backstory is as follows. In the early twentieth century, an inquiry was launched to determine why cows died of spontaneous bleeding after consuming sweet clover (a plant containing relatively high amounts of coumarin). Scientists observed that dicoumarol, a coumarin metabolite, was only produced when the plant came into touch with many distinct varieties of fungi, implying that the blood-thinning effect was only produced when sweet clover and a mushroom or fungus of some kind came together. According to the article, sweet clover does not

produce an anticoagulant effect without the mushroom interaction.

THE BODY AND PHOTODYNAMICS

Photodynamic refers to the hundreds of thousands of years of coevolution between humans and plants, as well as plants' potential to affect human physiology toward a state of balanced, robust health. The photodynamics of a plant and how they impact molecules within the body are explained by its chemical contents. Learning a plant's names and actions is vital, but understanding its photodynamics is also beneficial, as it can help you understand how herbs and prescription pharmaceuticals interact. It's critical that you understand the risks of utilizing herbal and prescription medications and that you share this knowledge with others.

ZONES OF DIFFICULTY

Each plant description includes a list of the plant's major characteristics and USDA hardiness zone ratings. The average annual low temperatures are used to create these zones. Knowing a plant's hardiness zone will help you figure out if it will thrive in your environment. The colder the winter temperatures, the lower the zone number. To learn which zone you garden in, see the US Department of Agriculture Hardiness Zone Map at usna.usda.gov/Hardzone/ushzmap.html. For Canada, go to planthardiness.gc.ca/ or atlas.agr.gc.ca/agmaf/index_eng.html. For Europe, go to uk.gardenweb.com/forums/zones/ hze.html. For the UK, search for "hardiness" at rhs.org.uk.

Wildcrafting

If the plant is found in North America, some foraging and wildcrafting information is supplied. Herb wildcrafting, also known as wild plant harvesting, is an ancient practice that involves ethically harvesting herbs in their natural habitat. It doesn't always have to include a trek into the woods. You've wildcrafted if you went into your backyard to harvest dandelion leaves for tea. Although herbalists have traditionally collected their herbs for medical purposes, not everyone lives in a wilderness-rich location where they can readily locate or cultivate all of the medicines they require, so we rely on wildcrafters to bring us what we can't find. In today's world, wildcrafting can be a lucrative business. If you prefer to forage for yourself, though, this book will tell you when and where to look for the plants you're looking for. It also tells you when to avoid gathering wild plants, especially if they are endangered or threatened.

Keep in mind that when you harvest a plant, you form a bond with it. Before you begin your job, you must prepare the plant for wildcrafting by removing any of its parts or the entire plant. Before you remove anything, declare your plans and obtain permission from the landowner and the plant. Consider yourself a part of the wildcrafting site and leave no evidence of your presence. You must also follow the wildcrafting laws. For decades, overharvesting has been a concern, resulting in plants becoming endangered or threatened. As a result, you should always check plants' endangered and threatened status in your area before collecting anything, and you should never harvest an endangered or threatened plant.

Harvest with care to ensure the growth and health of any plants you disturb in the future. To ensure that it survives and thrives, harvest only a third of what is available or a third of any one plant. To ensure the species' survival, always leave the majority of the strongest plants at the harvesting location. Replant root crowns and rhizome pieces directly in the ground while gathering roots and rhizomes, especially if a bud is present, to assist the plant regrowing. If you need to remove bark from a plant, don't do it from a living portion of the plant. Instead, look for

branches that have just fallen and remove the bark from those areas. If you must remove bark from a healthy section of a plant, do so in small, vertical stripes, and never, ever wrap a tree (remove bark horizontally around the entire trunk); otherwise, it will die. If you cut too deeply, the incision you produce becomes a breeding ground for germs and fungi, destroying the tree. Before you begin collecting, study your plants and have someone lead you—in other words, know your plants before you collect! You can learn a lot from wildcrafting, whether you’re doing it for personal or business reasons. If you’re just starting, you could feel exhilarated or frustrated as you seek a specific plant. Before you go out to collect herbs in the wild, be sure you have everything you’ll need.

HOW DO I DRY MY HERBS?

You’ll use dried herbs in most herbal medicine recipes, including those in this book, unless the plants required are mentioned as fresh. If you process your herbs appropriately, you can dry them after harvesting them to ensure that you get all of the medicine’s advantages. Some plants, such as hops, require special drying techniques outside this book’s scope, but most herbs can be harvested and dried for future use without losing their therapeutic value. If you’re going to process roots, make sure they’re clean and cut into little, usable bits before drying. It is possible to treat leaves and flowers whole or cut them into smaller bits. After gathering the herbs, lay them in the shade on a dry bed sheet or an old, clean window screen. It’s ideal to do this on a warmer day to guarantee that all moisture gets drained. Herbs should never be exposed to direct sunlight since it damages them and reduces their efficacy. The greatest location is somewhere warm and shady. To allow airflow around the herbs, place the sheet or screen off the ground. I usually tie the sheet’s four corners to four chairs, allowing approximately 2 or 3 feet of ventilation underneath. It may take 1 to 3 days for the items to dry, but ideally not much longer. To avoid mold formation, the herbs must be dried promptly. Unless you live in an exceptionally humid region, keep dried herbs in sealed glass containers. Glass tends to retain heat and moisture in humid environments, which can lead to mold growth. Instead, store dried herbs in brown paper bags if you live in a humid location. Keep them in a cold, dark spot to ensure they last for months, if not years.

CHAPTER THREE

PUTTING TOGETHER A HERBALIST'S KITCHEN

Imagine having your place where you may make any herbal cure at any time. You'll be ready to make your medicines when you need them if you have a few essential supplies on hand. ~ There's nothing more frustrating than thinking you've got everything you need only to discover halfway through a job that you're missing a key component or tool. When I constructed this materials list, I imagined all the new and varied herbal kitchens that could use these items and all the great medications that may be created.

FIRST STERILIZE

To avoid bacterial and fungal contamination, sanitize all of your cookware and storage containers before you begin. Place the objects in boiling water or use the sanitary mode in your dishwasher. Before using, make sure that all of your storage containers are completely dry. This handy hint helps ensure that your medicine lasts longer and stays fresher.

KEY KITCHEN SUPPLIES

Aluminum foil

Baking dish

Calculator

Cheesecloth

Coffee filters

Coffee or nut grinder

Cooking brush or paintbrush

Cooking thermometer

Crockpot

Fine mesh strainers, small, medium, and large Funnels, small, medium, and large

Glass containers, quart-size with secure lids

Mason jars, pint and quart size

Measuring cups, small, medium, and large

Mixing bowls Mixing spoons

Muddling bar

Notebook

Packing rod

Pencil

Percolation vessel

Plastic sandwich bags
Rocks or paperweights
Rubber bands
Saucepan, stainless steel, or ceramic
Shot Glass
Soaking basin
Stockpot, stainless steel, or ceramic
Vitamix blender
Waxed paper

Blending Herbal Blends

To utilize herbs to treat everyday ailments like an upset stomach, a head cold, or anxiety, you must first understand making a therapeutic herbal blend. What's the difference between a draught and a cup of tea? How do you know which herbs to use in a mix and how much each herb to add? Tea blends are an excellent place to start because bulk herbs are widely available, and the formulating ideas are simple to comprehend when working with raw materials. You'll also learn about herbal flavor combinations and see what good mixes look like up close. If you've ever tried Chinese herbs, you know that they can be effective, but they can also be rather difficult on the palate. Working with western herbs has the advantage of allowing you to make any tea blend taste wonderful. You may make a genuine palette pleaser by using herbs like lemongrass, cinnamon, orange peel, mint, clove, lavender, red raspberry, fennel, anise, thyme, and licorice. Another enjoyable aspect of preparing tea is that you have some leeway in adding finishing touches, such as flowers, to enhance the color or attractiveness of the blend. Making a therapeutic tea mix is similar to learning to cook. You must be familiar with your ingredients and understand which ones complement each other in flavor and function. Tea mixes are medicinal blends, so keep that in mind. Even a cup of chamomile tea might help your body relax. Consider what you want a tea blend to do from a medicinal standpoint and how you want it to taste when creating one. Do you wish to get rid of belly discomfort or relieve sinus pressure from a head cold? Knowing what you want to achieve with the mix gives it meaning and helps you choose the right herbs. Blending with concentration takes you beyond the fundamentals of your initial herbal encounters. With a little practice, you'll be able to make some of the most delectable teas around.

Components of a basic formulation

The core formulation components are the same whether you're preparing a tea, a tincture, an oil, or a capsule blend. A main action herb or herbs, a nourishing agent, and a stimulating herb or herbs are all included in an excellent herbal blend. The major action herb is the blend's leader or focal point. It guides and simplifies the rest of the herbs' application to the body part they are most compatible with. Many herbs improve the overall function of certain tissues, organs, or systems by being specially matched with them. You can use just one main herb, but some blends may include two or three. The active herb typically accounts for 60 to 75 percent of the overall recipe. This identifies it as the blend's driving force. When your health is out of whack, likely, something in your body isn't

getting the nutrition it needs. Vitamins, toning minerals, and calming effects are all brought in by nourishing herbs. These herbs may have a preference for a specific organ or system. These herbs assist the targeted system is performing more efficiently by providing supporting elements for tissues, organs, or processes. Nourishing herbs can also act as a buffer between other herbs in a combination. When you employ a purgative herb like cascara sagrada to help you get rid of your bowels, it can irritate the mucous membranes in your gut. A nutritious herb, such as chickweed can be added to the combination to soothe and buffer the irritating action.

One or two nutritious herbs usually comprise approximately 10 to 25% of the blend. The stimulant herb group is the final factor to evaluate. These herbs bring the blend to life by activating, boosting, or eliminating the formula's activity. This set reminds me of a bus driver that picks up all the other herbs and brings them where they need to go, blasting the horn the entire time to wake the body up. Perhaps there are cheerleaders on the bus who get everyone pumped up for the big game. Herbal stimulants, diaphoretics, diuretics, purgatives, and energizers are used to describe these substances. Ten to twenty percent of the blend is made up of one or two stimulants.

Begin with herbal concoctions.

The fun part begins after you've chosen your herbs. I recommend that you begin by selecting familiar plants to build confidence in your ability to practice herbal concoctions. When it comes to learning something new, I usually favor basic examples, so I've come up with three to help you get started. Hopefully, you now have a better understanding of how to combine plants for medical purposes. The three components and their percentages in the mix are shown in each formula. Don't get too caught up in the percentages of each herb. You can use whatever percentages you like as long as you stay within the guidelines of the acceptable percentages.

HERBAL ACNE REMEDY

Plantain leaf (30%) and calendula flower (20%) are the main action herbs (30 percent). Calendula stimulates skin healing while plantain protects the skin and promotes new skin cell formation. Nettle leaf (ten percent) and dandelion root (ten percent) are two nourishing plants (15 percent). Dandelion root improves liver function, which supports healthy skin. Nettles provide a richness of food for the body. Herbs that stimulate the mind Licorice (ten percent) with ginger (ten percent) (5 percent). Both herbs are excellent stimulants that aid in the removal of waste from the body.

HERBAL COUGH SYRUP FOR A CHEST COLD

Horehound (35%) and wild cherry bark (25%) are the main active herbs (30 percent). Horehound is an expectorant that aids in the removal of accumulated mucus from the lungs. Wild cherry bark is a mild sedative expectorant that helps move things up and out of the lungs while soothing and calming a persistent cough. Elecampane (10%) and coltsfoot (10%) are nourishing plants (5 percent). Elecampane is one of the most effective herbs for maintaining respiratory function and improving lung tone. Coltsfoot is high in vitamins A, C, and B, calcium, potassium, zinc, and good respiratory health support. Peppermint is a stimulating herb (20 percent). Peppermint opens up the body and cools it down, releasing stored phlegm and reducing clogged heat.

HERBAL BLEND FOR INSOMNIA

Lemon balm (30%), chamomile (15%), and California poppy (15%) are the main activity herbs (20 percent). All three plants are excellent sedatives with few or no negative side effects. They function on the central nervous system to help both the mind and the body relax. Passionflower (ten percent) and schizandra (ten percent) are two nourishing plants (10 percent). Passionflower is an excellent central nervous system nurturer, as it aids in the

regulation of overstimulation, which can cause twitching and restlessness. Schizandra nourishes the adrenal glands, which might produce insomnia if they aren't working properly. You may also add a pinch of skullcap, another nervine that helps to calm what I call "monkey mind"—when you're lying in bed and your mind begins racing, reminding you of everything on your to-do list. Peppermint is a stimulating herb (15 percent). Peppermint has a stimulating effect and a relaxing effect on the nerves, making it a stimulant and relaxant in one.

APPLICATIONS OF HERBS

I have a hunch you're eager to get your hands dirty and make some beneficial and healing herbal medication. Finally, you'll have the opportunity to express yourself! I've included a list of supplies and directions for making each of the main herbal application kinds, ranging from capsules to kinds of vinegar. These applications can be made at home and are suitable for general consumption to aid with everyday ailments.

Capsules

The herbs are delivered directly to the stomach via capsules. They are convenient, travel well, and are simple to take; for most people, many prefer capsules to herbs in a tea or other formulation, especially when they aren't particularly flavorful. However, if malabsorption is a problem for you, capsules may not be the greatest option for getting the herbs' advantages. You'll lose most of the benefits through the elimination system if your gastrointestinal system isn't up to standard. Gelatin is commonly used in capsules. Everyone has their preferences, but I prefer vegetable gelatin capsules to animal gelatin capsules since they are easier to absorb and have a cleaner origin. They are available in various sizes and varieties, with the most popular sizes being 0 and 00. Because capsules are preassembled, you must first separate the two halves before filling them. You can buy powdered herbs or grind herbs into a powder with a small coffee or nut grinder or a Vitamix to make capsules. If you're doing it yourself, apply common sense about which herbs you'll be able to grind—big, knotted roots won't go down well in your grinder. Use leaves, blossoms, and well-cut sifting roots instead.

If you're lucky enough to have a local herb shop that sells powdered herbs, all you have to do is buy the powders and combine them in a dish. If you want to grind the herbs yourself, put them all in a Vitamix or put a little amount in a coffee grinder (ideally one that isn't for coffee) and crush them to a powder. They don't have to be perfect, as long as they're small enough to fit inside the capsules. Fill one bowl with the empty capsules and another with the pulverized herbal combination. Then, with capsules, herbs, and an empty bowl, set up a three-bowl assembly line. With a capsule bottom in one hand and a capsule top in the other, pull apart a capsule and scoop the ground herbs into both; then push the capsule back together. In the third dish, place each completed capsule. You may become quite effective with a little experience and patience, easily producing 500 capsules per hour.

ALLERGY RELIEF CAPSULES

1-ounce rosehip seed powder

½ ounce nettle leaf powder

¼ ounce chrysanthemum flower powder

¼ ounce eyebright leaf powder

¼ ounce ginkgo leaf powder

Take 2 to 4 capsules as needed.

HEADACHE BE GONE

1-ounce white willow bark powder

1-ounce wood betony herb powder

¼ ounce ginkgo leaf powder

¼ ounce valerian root powder

Take 2 or 3 capsules as needed.

MONTEZUMA'S DEFENSE

1-ounce goldenseal root powder

1 ounce Oregon grape root powder

½ ounce myrrh powder

¼ ounce charcoal powder

Take three capsules as needed every 3 hours for 1 or 2 days.

TUMMY TAMER

1-ounce fennel seed powder

1-ounce slippery elm bark powder

½ ounce catnip leaf powder

¼ ounce plantain leaf powder Take 2 or 3 capsules as needed.

Cordials: Cordials are tonics that are supposed to be consumed in tiny doses, usually 1 ounce, to strengthen the body, mind, and soul. This soothing and tasty medicine can be created with any tonic herbs you like, including digestion, sleep, heart health, and overall well-being. Cordials are a lot of fun to make with friends, especially during fruit season when you can add fresh berries or just-picked cherries for a vibrant flavor and great nutritional value. Cordials may and should be consumed all year. During the coldest months of the year, I enjoy slowly sipping a cordial by the fire. It gives me a warm feeling in my chest and a calm feeling in my heart. Most cordials have 17 to 30 percent alcohol by volume, and however, depending on the type of alcohol used, they can contain up to 50 percent. Because its warm flavor blends well with most other flavors, brandy is traditionally utilized. Tequila, vodka, gin, grain alcohol, rum, whiskey, wine, and port are excellent choices. Just remember that the higher the alcohol grade, the better the ultimate result.

Place the herbs and fruit in a quart jar and cover with brandy or wine for all friendly recipes. Allow the mixture to sit in a cool, dark area for six weeks, shaking each day gently. Then Strain the mixture thoroughly before storing it in a cool, dark place. Enjoy yourself regularly.

DIGESTIF CORDIAL

$\frac{1}{4}$ ounce fennel seed

$\frac{1}{4}$ ounce catnip herb

$\frac{1}{8}$ ounce cardamom pods

Six whole cloves

8 ounces brandy or wine

LONG-LIFE ELIXIR

$\frac{1}{2}$ ounce agrimony herb

$\frac{1}{2}$ ounce damiana herb

$\frac{1}{2}$ ounce hawthorn berry

$\frac{1}{4}$ ounce eleuthero root

$\frac{1}{8}$ ounce aniseed

$\frac{1}{8}$ ounce ginger root

$\frac{1}{8}$ ounce licorice root

12 fresh or dried cherries

32 ounces brandy or wine

WARRIOR HEART

1 ounce blackberries, fresh or dried

1-ounce hawthorn berries, fresh or dried

$\frac{1}{2}$ ounce ashwagandha root

$\frac{1}{2}$ ounce devil's clubroot

8 ounces brandy or wine

Draughts

Draughts are short dosages of extremely concentrated herbal infusions, decoctions, or tinctures, frequently taste unpleasant. A draught is usually very potent, and you only drink a tiny amount at a time—think of it as a herbal shot you take in one sip. Draughts are a quick and effective pain reliever, especially in cases of acute pain. If you have kidney stone pain, a draught infusion of couchgrass, lobelia, and California poppy, for example, would be extremely bitter, but it would instantly relieve the agony. If you wish to utilize powdered herbs, they don't always make the

best-tasting drinks, but mixing 1 or 2 teaspoons of powdered herbs with 4 ounces hot water and drinking it rapidly can have powerful results.

Keep in mind that small amounts have a big impact. Draughts are frequently used to alleviate severe discomfort or rectify the body, such as food poisoning.

THE COLD CATCHER

To catch a cold before it begins

One teaspoon echinacea tincture

One teaspoon osha root tincture

Add tinctures to 1-ounce water. Drink 1 ounce, four times per day for two days.

KIDNEY STONE RELIEF TINCTURE BLEND

$\frac{1}{2}$ teaspoon California poppy flower tincture

$\frac{1}{2}$ teaspoon Jamaican dogwood bark tincture

$\frac{1}{2}$ teaspoon marshmallow root tincture

$\frac{1}{4}$ teaspoon juniper berry tincture

$\frac{1}{6}$ teaspoon dandelion root tincture

$\frac{1}{6}$ teaspoon turmeric root tincture

Add tinctures to 1 ounce of water. Drink 1 ounce every 20 minutes until pain subsides.

WOMEN'S MOON MAGIC TINCTURE BLEND

For menstrual cramp relief

One teaspoon crampbark bark tincture

One teaspoon valerian root tincture

Add tinctures to 1-ounce water. Drink 1 ounce, 2 to 6 times per day.

Electuaries

An electuary can be a mother's best friend, assisting in accepting herbs by even the pickiest of young palates. To make an electuary, combine herbal powders with a tasty ingredient such as honey, fruit preserves (my favorite), or syrup, then wrap them into a ball to make a herbal snack or treat. They're a little tough to build, and you'll need some experience to get the proportions just right, but the result is worth it. You can even hide cayenne pepper with this app. Although any herb portion can be used, using herb powder or grinding the herb into a powder makes mixing it with the base much easier. Adding a demulcent herb powder to your blend (such as slippery elm, marshmallow, or psyllium) can help it stay together better and offer a calming quality to the preparation. Adding coconut to the mix can also help stiffen it up. Make a small number of fruit preserves to be devoured fast if you're

using them as a basis. Combine the herbal powders for all electuary recipes and add a slightly warmed base to make a thick paste. Keep a small amount of coconut oil on hand and rub it into your hands to keep the components from sticking to you. Make balls out of the mixture. Some people prefer a solid combination, while others prefer a malleable one. You can eat them straight away, but they will stiffen after 1 or 2 weeks and become solid. To keep it fresh, keep it in a closed container in a cool place.

For cardiovascular support

1-ounce ginkgo leaf powder

1-ounce horse chestnut powder

$\frac{1}{8}$ ounce cayenne powder

$\frac{1}{4}$ – $\frac{1}{2}$ cup nut butter

$\frac{1}{4}$ – $\frac{1}{2}$ cup honey

$\frac{1}{4}$ – $\frac{1}{2}$ cup coconut

Mix herbs together in a bowl. Add equal amounts of nut butter, honey, and coconut, starting with $\frac{1}{4}$ cup of each and adding more until you reach the desired consistency. Pinch off $1\frac{1}{2}$ teaspoon amounts and roll into smooth balls. Eat 2 per day for tonic effects.

For eliminating parasites

1-ounce wormwood powder

$\frac{1}{2}$ ounce black walnut powder

$\frac{1}{4}$ ounce slippery elm powder Honey

Mix herbs together in a bowl. Add enough honey to reach desired consistency. Pinch off one teaspoon amounts and roll into smooth balls. Eat one ball four times per day for 5 to 10 days.

THROAT SOOTHER

$\frac{1}{2}$ ounce thyme leaf powder

$\frac{1}{4}$ ounce rose petal powder

1-ounce slippery elm bark powder

Honey

Place herbs in a bowl and add just warm enough (not hot!) honey to create a thick, syrupy consistency, like sticky dough or putty. Pinch off $\frac{1}{4}$ teaspoon amounts and roll into smooth balls. Eat as desired.

Herbal extracts

Making herbal oils is one of my favorite things to do. Herbs create the most beautiful colors and scents when infused in oil, and there are so many ways to use them. Herbal oils are prepared by infusing herbs into a base oil like olive, almond, avocado, jojoba, grapeseed, apricot, or castor. Medicinal herbal oils are different from essential oils in that they extract all of the physical ingredients of a plant into the oil medium. Essential oils are generated by a distillation process that collects the volatile oils of a herb. Essential oils are absorbed and have a systemic as well as a local effect on the body. A medicinal herbal oil administered topically penetrates deeper and focuses on the area where it

is applied.

A simple massage of poke root oil into the skin surrounding the lymph glands, for example, will assist in relieving blocked glands. I've found that my neck glands expand at the first sign of a sore throat. A few poke root oil applications massaged into my neck may frequently nip a cold in the bud if I catch it early enough and slow down long enough to care for myself. Customers are advised to use herbal oils to avoid skin infections and aid recovery by tattoo artists. Massage therapists utilize them to induce muscle relaxation and anti-inflammatory effects. Because herbal oils are easily absorbed, and bases like grapeseed oil have natural antioxidants that preserve the skin, I frequently use them instead of lotions. Other herbal products such as salves, creams, scrubs, and lotions are frequently made with herbal oils as the base. Because they are generally created with kid-friendly herbs and are a soothing treatment, they are ideal for use on babies and children. Although many dried herbs can be used in a herbal oil preparation, a few, such as St. John's wort, arnica, California poppy, garlic, and mullein flower, must be processed fresh because their therapeutic contents are diminished when dried. As a basis, you can use various oils, but olive oil is the most frequent. Herbalists have differing perspectives on the best methods for making herbal oils, but in my experience, three approaches: the oven or crockpot method, the solar infused method, and the folk method work best and yield excellent results. Unless otherwise specified, use the method you choose for all of the following recipes. Because these processes employ lower heat temperatures, any of the base oils can be used. You can choose oils based on their individual properties for more specific effects with a little study.

ESSENTIAL OILS ARE USED

Essential oils, like medical herbal oils, are therapeutic-grade oils used for health and healing. A distillation method separates the hydrosol (plant water) from the plant's essential oil, resulting in essential oils. At least, in theory, the essential oil rises to the surface of the hydrosol and is then extracted in its purest, unadulterated form. However, be cautious of the essential oils you use and do your homework because some are better than others. Essential oils can be used in various ways, but I don't recommend putting them directly on the skin because many of them are caustic. Although you may not notice any side effects after using an essential oil at full potency, microscopic analysis has revealed that such use causes minor cellular damage. Dilute the essential oil with olive, apricot, or coconut oil before applying it topically. However, some essential oils, such as oregano, should never be used on the skin. They're best used in a vaporizer or essential oil diffuser, where you may inhale little amounts. You can also put a drop or two on your pillow or add a few drops to a bath. Many people build little pillows to keep in their briefcases or purses, putting a few drops of essential oil to the cushion, so it's available for inhalation treatment whenever it's needed.

Methods in the oven and the crockpot

The oven approach necessitates a higher infusion temperature and a shorter infusion duration. Many people feel that grinding dry herbs first will help break up the cellular structure and make extraction simpler, but I don't believe this is required. However, it would help if you made sure the herbs were oil soluble. The aroma is enticing as the herbs are cooked in the oil, and it produces a quiet ambiance in your house.

Place the herbs in a deep glass baking dish and pour in enough oil to cover them by 1 or 2 inches for the oven method. Use a 1 to 10 ratio of herbs to oil if you want to be more specific. Stir the mixture thoroughly and bake for 4 to 6 hours at 150–170°F (65–75°C), stirring every hour or so. Remove the dish from the oven, give it another toss, cover it with a kitchen towel and let it aside overnight. Strain the mixture through a cheesecloth in the morning. Fill a clean, dry jar with the herbal oil and store it in a cool, dark area.

Place the herbs in the crockpot and pour in enough oil to cover them by 1 or 2 inches for the crockpot method.

Because you can't see it, determining the depth can be tricky, but you can get a fair estimate of the oil level by sticking your clean finger or a wooden spoon into the bottom of the pot. Set the crockpot to the lowest heat setting possible. Because most crockpots get too hot, use one at the lowest temperature and leave the lid off or ajar. Cook the oil for 4 hours, stirring now and then. Using cheesecloth, strain the mixture. Fill a clean, dry jar with the herbal oil and store it in a cool, dark area.

A method that incorporates the sun

The sun warms the combination, drawing the therapeutic properties of the herbs into the oil. Only use fresh herbs. Allow the herbs to wilt for 8 to 12 hours after hand-picking them, ensuring they don't dry out completely.

Directly inside the jar, place wilted herbs. Fill the jar halfway with oil and the rest with herbs in a 1 to 5 ratio. Put a piece of cheesecloth over the jar's mouth and attach it with a rubber band; don't cover the jar with a lid. Shake the mixture every day for 2 or 3 weeks on a sunny window sill. You might notice some sludge in the bottom of the jar after a few days; this is the residual water from the herbs that have escaped into the oil. You can either decant the oil into another container or remove the muck with a basting syringe. Every few days, check the oil and repeat the process if necessary. After the oil has reached the desired consistency, filter it twice through a cheesecloth. Would you mind putting it in a clean, dry jar and keeping it somewhere cool and dark? It is great that way!

Method of the people

This is by far the simplest way. Instead of utilizing a heat source, the herbal oil combination is placed in a paper bag, which elevates the temperature somewhat.

Half-fill a mason jar with roughly ground dried herbs (s). Fill the jar with enough oil to reach the top and secure the lid. Place the jar in a paper bag in a warm location. For 1 or 2 weeks, shake the jar several times every day. Now strain the oil into a new jar, seal it, and leave it to sit for a few days more. Using fine cheesecloth, strain the oil once more. Fill a clean, dry jar with the herbal oil and store it in a cool, dark area.

CALENDULA FLOWER OIL

This antibacterial oil is good for cuts, scrapes, and wounds.

1 ounce dried calendula flowers

16 ounces olive oil

PHYTOLACCA (POKE ROOT) OIL

This oil relieves swollen or congested lymph glands.

1 ounce of poke root, coarsely ground

8 ounces olive oil

FRESH ST. JOHN'S WORT OIL

Fresh flowering tops of St. John's wort

Olive oil

St. John's wort should fill a quart mason jar three-quarters full. Fill the container with olive oil to the top. Cover with cheesecloth and tighten with a rubber band. Allow the jar to sit in the sun for 14 days. To remove accumulated crud, decant the oil every 3 or 4 days.

PACK OF CASTOR OIL

The castor bean (*Ricinus communis*) is best known for its cathartic properties (strong laxative). An oil pack placed over the belly, usually with a heat applied, is a gentler way to apply it. The castor oil is drawn into the body by the moderate heat that opens up the pores. The oil reduces inflammation, binds pollutants and excess hormones for removal, and boosts immunity. It's also absorbed into the lymphatic system, offering a relaxing, cleansing, and nourishing treatment. Headaches, liver diseases, constipation, intestinal disorders, gallbladder inflammation or stones, uterine fibroids and ovarian cysts, PMS, conditions with poor elimination, overnight urinary frequency, and swollen joints are among the conditions that can benefit from a castor oil pack. It should not be used if the person is pregnant, menstruating, or bleeding.

The following items are required: Castor oil, flannel pack material made of white cotton or wool, hand towel, heating pad, or hot water bottle

If using a hot water bottle, cook on the stove. 1 or 2 teaspoons of castor oil can be applied to a specific body region or the entire abdomen. Spread castor oil between the ribcage to the pubic bone and over the chest if treating the abdomen. Then, on top of the oil, add the packing material. On top of that, place a towel (castor oil stains anything it touches, so choose the towel that you are donating to the cause). Fill a hot water bottle or a heating pad halfway with hot water and set it on top of the towel. Allow yourself 30 to 45 minutes to unwind. After applying the castor oil to your body, you can sit in a hot bath instead of utilizing a hot water bottle or heating pad. The great viscosity of castor oil prevents it from washing away.

Liniments

Liniments are typically applied substances that can help to improve blood circulation and promote healing. Cuts, scrapes, boils, acne, sprains, strains, arthritis, bruises, and cardiovascular ailments benefit from liniments. They stimulate late tissues to promote relaxing, drawing, cooling, warming, cleansing, moving, and reducing pain. They are exclusively for external applications. The outcome is determined by the herbs you employ as well as the aim you have in mind.

Isopropyl (rubbing) alcohol is commonly used as a menstruum in liniments, but witch hazel, grain alcohol, or vinegar can also be utilized. To produce a cream, combine the herbs and menstruum in a clean glass container. Close the jar tightly and store it in a cold, dark location for two weeks, stirring it once a day. Then, using a fine-mesh strainer or cheesecloth, drain off the herbs and keep the cream in a clean, dry glass jar in a cool, dark area. As needed, apply externally.

KLOSS'S HERBAL LINIMENT

One of this application's best and most well-known instances is Jethro Kloss' herbal liniment from his 1939 book, *Back to Eden*. This basic cream has antibacterial, anti-inflammatory, and antifungal effects, as well as drawing and pain-relieving properties, and is a must-have in our medicine cabinet. It's also great for treating fungal infections, boils, carbuncles, and scrapes, and we dilute it for any wounds our animals get.

1-ounce myrrh powder

½ ounce goldenseal powder

¼ ounce cayenne powder

16 ounces rubbing alcohol

SORE MUSCLE LINIMENT

This liniment will greatly excite the skin and tissues to release muscle tension and move blood stagnation that is causing pain.

½ teaspoon cayenne powder

1 tablespoon ginger root

2 tablespoons poplar buds

1 tablespoon peppermint leaf

8 ounces rubbing alcohol

8 ounces apple cider vinegar

ANTISEPTIC LINIMENT

½ ounce lavender flowers

½ ounce rosemary leaf

½ ounce chamomile flowers

¼ ounce calendula flowers

16 ounces menstruum

Fomentations and poultices

Externally applied remedies such as poultices and fomentations relieve pain, infection, edema, and inflammation. Nothing makes me happier than harvesting a herb from my garden and applying it right away for medication. Poultices are as simple as applying the herb directly to the skin. Poultices can be made with fresh plants, dried herbs, or powders. Chew the plant and apply it directly to the skin, or mix it up in a basin with hot water to make a wet cake or paste. Herb cakes are what I call them. Fomentations are herbal recipes with a strong infusion prepared with water or grape gar. After saturating a cloth with the fomentation, apply it to the affected area externally.

Strains, sprains, cuts, stings, burns, skin disorders, abscesses, and pain can all be treated with poultices and fomentations. I usually recommend using one or the other for 10 to 30 minutes at a time, depending on the condition. In certain circumstances, I've found that gently heating the herbs or a soaked cloth helps. Combining external treatments like these with internal treatments is the greatest way to heal when feasible.

SPRAINED ANKLE POULTICE

½ ounce witch hazel leaf

½ ounce ginger root powder

½ ounce comfrey leaf

¼ ounce bay laurel leaf hot water

In a bowl, combine herbs and hot water. To make a thick mass of herbs, crush the mixture with a muddling rod and add small amounts of boiling water as needed. It should be thick, like paste, rather than watery. It doesn't have to be

pretty, and it certainly isn't tidy. Apply a thick bulk directly to the affected area once the mixture has reached the desired consistency and the temperature has been verified to be suitable for topical application. Cover for 30 minutes with muslin gauze or cheesecloth.

STINGERS STING AWAY

1 or 2 fresh plantain leaves

Chew the leaves well and spit the pulpy mixture onto the affected area. Keep it on for 10 minutes, then reapply as needed with freshly chewed plantain.

ABSCESS POULTICE

This is a phrase I frequently use to describe my cat, who feels driven to defend our territory against all other critters. However, it also works well with the general public. To assist draw out the abscess, I sometimes apply a slightly warm heating pad over the area. In my experience, the abscess opens, and the fluid drains by lightly pressing the area. You don't want it to close up again until it's completely drained, so don't use herbs like calendula flowers or comfrey leaves following, as they'll shut the tissue up and trap the infection.

$\frac{1}{2}$ ounce mullein leaf

$\frac{1}{2}$ ounce plantain leaf

$\frac{1}{8}$ ounce lobelia leaf

Hot water

In a mixing dish, combine all herbs and add just enough boiling water to soften and thicken the mixture. Allow cooling to a reasonable temperature before applying directly to the abscess, preferably 10 to 20 minutes. In most cases, multiple applications are required. For three days, apply twice daily with mild heat.

Salves

Herbal oils are recreated into a handy, nonliquid form in the form of salves. They're an excellent way to get herbs deep into the tissues. Although it is recommended that a salve be rubbed into afflicted tissue, I frequently use them for cuts and scrapes and leave a bit unabsorbed on top to provide a protective layer—sort of like a natural bandage. Salves can be used to treat practically any ailment and are suitable for people of all ages. When it comes to crafting salves, I can be quite inventive. My Boo Boo salve is topped with a special fairy sparkle dust that my little child adores. I've also developed a stress-relieving salve that I use at work. I rub a bit into the back of my neck and on my temples when I feel stiff and overwhelmed to help bring things back into perspective. When I've had too much of my not-so-good-for-me favorite meals, I use my Calm Tummy balm. Teas, tinctures, and capsules can all be used for the same things; salves are just a new way to apply them. Salve consistency is determined by personal choice and practical considerations. You can make a soft and greasy or a firm salve by adding a little or a lot of beeswax to a herbal oil base. In general, for every cup of oil, use 34 to 1 ounce of beeswax. This is the ideal starting point for uniformity, and you may adjust the amount of beeswax to your liking. The terms "balm" and "salve" are sometimes used interchangeably. When applied to the skin, a balm contains a high concentration of essential oils, giving it a

perfume-like aroma.

Place herbal oil in a small pot and heat on low for each salve recipe. The oil temperature is crucial because if it becomes too hot, it would burn and become unusable. It should be warm enough to melt the beeswax slowly. 4 parts oil to 1 part beeswax. Stir in the beeswax constantly until it is completely melted. Remove the pan from the heat and collect a small amount of oil using a stainless steel teaspoon. Refrigerate the spoon for 5 minutes before checking the consistency of the salve on the spoon. Reheat the pan mixture with 14 cups of oil if the consistency is too stiff. If it isn't solid enough, reheat it with 14 ounces of beeswax. Repeat the spoon test until the required consistency is achieved. Remove the pan from the heat once the salve has reached the proper consistency and temperature, and pour the mixture into a measuring cup for easy distribution into containers. Because the beeswax begins to harden as soon as it is taken from the heat, this must be accomplished fast. Fill the measuring cup halfway with essential oils and mix quickly. Pour into tiny containers right away. Some people believe that if you're using essential oils, you should cap the containers straight away to prevent the essential oil aroma from evaporating due to heat. However, I've discovered that if the jars are shut while the salve is still warm, the center collapses like a soufflé taken out of the oven too soon. I cover the jars with a thin cotton kitchen towel overnight to allow them to cool, then cap them in the morning.

Sitz baths

Sitz baths are an excellent topical therapy that aids in tissue healing, inflammation reduction, pain reduction, and blood circulation improvement.

They enlist the circulatory system's assistance in transporting waste away from the body and bringing in fresh new blood and critical healing components. Sitz baths entail submerging the lower pelvis and buttocks for 15 to 20 minutes in warm water with a herbal infusion. For hemorrhoids, post-labor discomfort, a cold uterus, boils, urinary infections, or discharges, use them many times each day. You can buy sitz tubs that fit into your toilet or a basin from a pharmacy or drug store for comfortable support. Combining sitz baths with hydrotherapy involves alternating hot and cold baths with inducing a vasodilation and vasoconstriction effect that helps flow blood, lymphatic congestion, and white blood cells to improve healing and regulate body temperature, is recommended by some. In this case, you'd sit in a heated sitz bath for 3 to 6 minutes, then transition to a cold sitz bath for 1 minute, repeating the process 3 to 6 times.

Infuse the herbs in 1 quart of water for 4 hours for all sitz bath recipes. Pour 1 cup of boiling water into the sitz basin after straining the infusion through cheesecloth. For 15 to 20 minutes, submerge and relax.

Soft casts

A soft cast is a shellacked effect created by painting a herbal tincture directly into the skin in multiple layers.

They're excellent for wounds that don't need to drain, and they're not suggested for wounds that do. When modern casting is neither practical nor acceptable, soft casts are indicated for impaired circulation and fractures. Broken bones, torn ligaments, inflammation, and vascular symptoms like varicose veins and spider veins are good candidates for comfrey leaf tincture.

Fill a dish halfway with the tincture. Brush a thin layer of the tincture onto the affected part of the body with a brush dipped in it. Allow to air dry thoroughly. Layer on more tincture, allowing each layer to dry completely before moving on to the next. Continue to add tincture layers until a veneer or shine appears. To cover and secure the cast,

lightly wrap it in cotton gauze. Leave the cast on for several weeks until the tincture has thoroughly absorbed into the skin.

HERBAL DISPENSATORY

INTRODUCTION

Herbal therapy is one of the oldest forms of healing. It is and always will be the people's medication. No matter which political party is in control, no matter what is judged legal vs unlawful, not even the FDA in all of its regulatory glory can stop someone from going outside and taking advantage of nature's free medication. Because we live in connection with plants, herbal medicine has long existed. Every breath we take, herbalist Sam Coffman explains, we practice mouth-to-mouth resuscitation with nature. Plants have lived on this planet for much longer than we have. They've absorbed their lessons and adapted to their surroundings, and they've created a lovely language to share those teachings with other plants, animals, and fungi. We haven't even scraped the surface of the chemical compounds that plants create, their biochemical language, in the thousand or so plants that have been studied, let alone the tens of thousands of plants used as medicine around the world. Plants have a long and well-documented history of use as food and medicine, even if we don't understand how they operate chemically in our bodies. We must examine our existing medicine model through the same lens of sustainability as we progress toward a more sustainable world with clean energy generation, locally grown organic foods, and environmental conservation. A world that is completely reliant on high-cost chemical medicines controlled by multinational pharmaceutical corporations whose primary goal is profit relies on the very institutions that caused the environmental crises that are ruining the planet. Many serious ailments require modern treatment and the careful application of medications. However, while modern medical care is an excellent disease-care system, it is not a health-care system. Any medical system divorced from the larger picture of health, including food production, environmental health, social health, and emotional health, can only serve as a bandage for a bullet wound, conveniently hiding the fundamental issues that are slowly killing us. Rising disease-care expenses and a lack of access to treatment are putting a strain on everyone, but minorities and poor groups are bearing the brunt. Disease treatment is the leading cause of financial ruin in the United States: About two million people declare bankruptcy due to medical debt every year.

MEDICINE MADE FROM HERBS

Medicinal plants can grow in almost every environment and can be harvested or purchased for a fraction of the cost of current medications. It's as simple as learning how to cook to produce your herbal medications. The purpose of this book is to provide you with the knowledge and skills to use herbs to help yourself, your family, and others. Herbalism takes a lot of effort to master. Herbs with completely distinct medical properties might share the same common name.

On the other hand, depending on whatever book you're looking at, the same herb can be referred to by various names. Learning a plant's Latin (botanical) name is an excellent place to identify the right herb, but that's only the first step. Different sections of the same plant might have various effects on the human body. Dandelion root is a superb digestive tonic that facilitates phase one liver cleansing softly. On the other hand, dandelion leaves are a powerful diuretic. When made as a floral essence or wine, the blossoms are especially useful for helping uptight and worried overachievers learn to relax. The way you utilize a herb has an impact on how it affects your body. In different mediums, different elements are soluble. Some plant elements are only soluble in alcohol, while others are only soluble in water. Yarrow is an excellent herb for fevers when prepared as a hot infusion (tea) of the flowers. A

hot infusion of yarrow extracts the aromatic properties that stimulate circulation and increase perspiration, whereas a decoction extracts more bitter and astringent principles. A cooled decoction of the whole herb (flowers and leaves) as a digestive tonic by many Native Americans. Encapsulated yarrow clears the lymphatics, increases innate immunity, and aids in the relief of urinary tract infections, and the dried leaves make an effective styptic for cuts and wounds. The anti-inflammatory properties of yarrow essential oil are lost when the herb is dried. Yarrow flower essence is used to help overly sensitive people to other people's issues (a characteristic that comes naturally to many herbalists).

Yarrow is included in several kinds of literature as a toothache remedy; the Diné (Navajo) and other Native Americans utilize it for this purpose. A toothache will not be relieved by eating a pill or tincture or chewing on mature dried leaves. The purplish section of the young leaves, which contains a topical analgesic, is the part of the plant used for toothache. To treat toothache, chew the fresh young leaves. As you can see, knowing how to prepare a plant and how that affects its use is a key component of herbalism. As individuals become more reliant on commercial herbal medicines, much of the knowledge about properly preparing and giving herbs is lost. Herbalists who practice traditional medicine maintain the knowledge of how to produce and use herbs alive. This book seeks to present many techniques for preparing and administering herbs to assist you in selecting the suitable cure and the preparation process that will produce the desired results. We believe it will assist you in discovering new and innovative methods to use herbs.

CHAPTER ONE

BASIC CONCEPTS IN HERBAL MEDICINE

HERBAL ENERGETICS

Human senses can detect the primary elements that give herbs their varied activities. These essential elements have impacts that can be felt and seen in one's own body. Modern Western herbalists refer to this type of observation and detection as energetics. Herbs can be classified into broad energy groups based on their flavour, ingredients, and basic physiological effects. These fundamental categories are similar to the alphabet or musical notes in that they constitute the foundation for understanding herbalism's language. Herbs' energy characteristics combine to form thousands of unique herbal profiles, just as musical notes are arranged to create an infinite diversity of music. The twelve primary herb groups we're about to expose you to share some similar characteristics. We use three sets of attributes to describe things in energetic terms.

HOW DO HERBS AFFECT THE PRODUCTION OF ENERGY?

- Herbs that stimulate or speed up metabolism, promote energy generation and warmth, and provide blood flow and vitality to pale and chilly tissues are known as warming herbs.
- Herbs that sedate or slow down metabolism to reduce energy production while chilling or soothing irritation and redness are known as cooling herbs.
- Herbs that are neither hot nor cold are described as neutral. Neutral herbs have little influence on circulation or cellular metabolism.

HOW DO HERBS AFFECT TISSUE DENSITY?

- Herbs that moisten tissues enhance the moisture content of tissues, lubricating and softening dry, brittle, or rigid tissues.
- Herbs that remove excess fluid from tissue, causing it to become more stiff and thick, alleviating moisture and oedema, are known as drying herbs.
- Herbs that regulate damp or dry tissues, helping to balance the quantity of moisture and solids (minerals) within the tissues, are known as balancing herbs.

THE EFFECTS OF HERBS ON MUSCLE TONE, FLOW, AND SECRETION

- Herbs that enhance the tone or tension in muscles and other tissues, preventing excess flow and secretion, are constricting herbs. These herbs tighten tissues that have grown too relaxed or weak, causing them to leak or secrete fluids like blood or mucus.
- Herbs that relax muscular cramps and spasms and relieve excess tension in the tissues are referred to be relaxing. This facilitates flow and mobility, as well as increasing inadequate secretion.
- Herbs that give critical nutrients to help tissue healing and improve tissue structure and function are nourishing.

HERBS IN TWELVE CATEGORIES

Let's look at the twelve groups of herbs mentioned in this book using this fundamental understanding of energetic concepts. Keep in mind that any given herb could fall under multiple categories.

PUNGENT HERBS: Pungent herbs have a spicy or fiery flavour and a characteristically strong scent. Capsicum (cayenne pepper), ginger, mustard, and onions are examples of plants that spice to recipes. The presence of resins,

alkamides, allyl sulfides, or monoterpene essential oils gives these herbs their strong flavour. Warming and drying herbs with a strong flavour. They transport blood and energy from the body's interior to the skin and mucous membranes and from its exterior to the skin and mucous membranes. This implies they aid in removing stagnation, the induction of sweat, and the stimulation of blood circulation. They boost intestinal peristalsis and increase hunger by stimulating the production of digestive fluids. Excessive consumption of spicy herbs depletes the body's energy reserves and causes it to chill. Some people's digestive tracts are irritated by these herbs. Aromatic herbs should not be used by hot, flushed, irritable, or have a reddish complexion.

HERBS WITH VOLATILE OILS: Aromatic herbs have volatile oils in them (also called essential oils). When volatile oils are exposed to heat and light, they evaporate. Many aromatics, like pungent herbs, are utilized as culinary spices. Dill, peppermint, and lemon balm are among the aromatic herbs found in the mint and carrot families. Warming and drying properties are common in aromatic herbs; however, they have a softer effect than pungent herbs. They usually have a powerfully relaxing or energizing effect on the nervous system. Because many essential oils are antibacterial, aromatic herbs can help fight illnesses. When ingested as a hot tea, aromatics can cause perspiration, stimulate blood circulation, and expel intestinal gas. Aromatic herbs are extremely safe to use. On the other hand, pure essential oils should be used nearly exclusively for topical applications, and even then, they should be considerably diluted. Essential oils are concentrated extracts that are considerably more prone to cause adverse reactions than whole herbs.

NONALKALOIDAL (SIMPLE) BITTERS: Simple bitters are plants that are bitter due to what is known as bitter principles in traditional herbal textbooks. These chemicals are now known as diterpenes and different glycosides. Stimulant laxatives, which are a subtype of simple bitters, are controlled by anthraquinone glycosides. Artichoke leaf, gentian, wild lettuce, kale, and hops are examples of nonalkaloidal bitters. Cascara sagrada, Turkey rhubarb, buckthorn, butternut bark, and aloe leaf are stimulant laxatives (not the gel). The majority of nonalkaloidal bitters have a cooling and drying effect. Dong Quai and turmeric, for example, have aromatic components that make them warming and drying. Bitters encourage energy to flow inward and downward (toward the eliminative organs) (toward the digestive organs). Nonalkaloidal bitters have a detoxifying effect. Some have a sedative or soothing properties, while others are anodynes or pain relievers. They stimulate the synthesis of hydrochloric acid, bile, and pancreatic enzymes, among other things. Bitter herbs that are sweetened or ingested in capsules do not promote digestive secretions; thus, this only happens when they are tasted. Cooling bitters can deplete digestion over time. Warming bitters, aromatic or pungent herbs are used in traditional digestive tonics to counteract the depleting effects of cooling bitters. Thin, weak, malnourished, and dry people should avoid bitters.

ALKALOIDAL BITTERS: Due to the presence of alkaloids, alkaloidal bitters have a bitter flavour. Caffeine, nicotine, and berberine are examples of chemicals with names ending in -ine. Alkaloidal bitters include coffee and chocolate. Goldenseal, Oregon grape, and California poppy are examples of alkaloids-containing herbs. Alkaloidal bitters, like nonalkaloidal bitters, are cooling and drying. Many of them are detoxifying and help to stimulate the digestive and liver systems. Goldenseal and Oregon grape are alkaloidal bitters that contain berberine and are used to treat infections. Alkaloids can imitate hormones and neurotransmitters, activating or sedating specific biological processes. Nonalkaloidal bitters and alkaloidal bitters both have broad contraindications. People should avoid being thin, weak, emaciated, and dry since they can be drying and depleting when used excessively. Keep in mind the indications and contraindications for each herb in this category.

FRAGRANT BITTERS: Fragrant bitters are a hybrid of aromatics and simple bitters. Sesquiterpene lactones and triterpenes are the main components. Elecampane, black walnut hulls, wormwood, tansy, and wormseed are

examples of fragrant bitters. Bitters with a floral aroma are both warming and drying. They're used in tiny doses to help with digestion and appetite. Many of them are used to get rid of parasites. The use of most fragrant bitters is not recommended during pregnancy, and many are not suitable for long-term use. They have the same general contraindications as the other bitters groups.

ACRID HERBS: Acrid herbs have a bitter, unpleasant, and burning flavour similar to the taste of bile. Resins (like aromatic herbs) and alkaloids are found in these plants (like alkaloidal bitters). Lobelia and kava-kava are the strongest examples of this flavour, but black cohosh, skunk cabbage, and blue vervain have it to a lesser extent. Acrid herbs are calming, which means they are diffusive, allowing blood, lymph, and energy to flow freely. They have the potential to be both cooling and drying. Their main effect is antispasmodic, which means they help to relieve cramps. In some traditional medical systems, they are used to treat what are known as wind illnesses. Fever and chills, as well as diarrhoea and constipation, are examples of alternating symptoms. Wind diseases are characterized by pains that travel from one place of the body to another. Excessive doses or long-term usage of acrid herbs can cause vomiting, and large doses or long-term use can harm the nerves.

ASTRINGENT HERBS: Herbs that contain tannins are referred to as astringent herbs. Tannic acid has a slightly bitter flavour and causes a drying, puckering sensation in the mouth when consumed. Green tea has astringent properties. White oak bark, uva ursi, and sage are all astringent plants. Herbs that are astringent constrict and dry tissues. Excessive secretions are stopped, loose tissue is tightened, oedema is reduced, and blood coagulation is aided. When used topically to bites and stings, they are anti venomous. Internally, they tone up intestinal membranes and slow intestinal peristalsis (which helps to prevent loose, watery stool). Astringents are best used between meals since they slow digestive secretions and may interfere with mineral absorption. Constipation can occur in large doses, and long-term use might irritate the skin and mucous membranes.

SOUR HERBS: The presence of several fruit acids (citric, malic, and ascorbic acid), as well as flavonoids, gives many berries and fruits a sour flavour. Flavonoids are anti-inflammatory and anti-fever agents. Herbs with a sour taste are both cooling and nutritious. They might be balanced, moistening, or drying in nature. They're utilized to minimize tissue inflammation, irritation, and damage from free radicals (which cause ageing and degenerative disease). They can improve capillary integrity and tone weak tissues. The liver and eyes, which use more antioxidants than any other organ, benefit from sour herbs. They are safe foods with no known side effects.

SALTY HERBS: Plants don't have the same salty flavour as table salt. It has a more delicate flavour, with a grassy or green undertone. Consider the taste of celery or spinach. Mineral salts like magnesium, potassium, sodium, and calcium give these foods a slightly salty flavour. Green herbs like alfalfa, mullein, and seaweeds are salty herbs. Salty herbs are both balanced and nourishing. They can both moisten and dry damp tissues. They are nutritious because they include minerals that aid in tissue toning and healing. They stimulate lymph flow, remove mucus and often swollen lymph nodes by clearing the lymphatic system. Many salty herbs are diuretics that do not irritate the kidneys and nourish and promote renal function. They are generally non-addictive and have no known side effects.

SWEET HERBS: Sweet herbs don't have the same sweetness as sugar or honey. It reminds me of the sweetness of a dark chocolate bar. Polysaccharides or saponins are responsible for sweetness. Licorice and stevia are obvious examples of sweet herbs, but many tonics and adaptogenic treatments, such as American or Korean ginseng, codonopsis, and astragalus, are also sweet. Sweet herbs are moisturizing and neutral, but they might be somewhat warming or cooling. Sweet herbs help to strengthen weakened conditions, prevent wasting, strengthen glands, and refill energy reserves. They combat tissue dryness and ageing, and they frequently work as immune tonics, stimulating or balancing immunological activities. The majority of sweet herbs are highly safe and can be used in

tiny dosages for a long time. Larger doses can overstimulate the body and be abused in the same way that stimulants like coffee are abused, especially by teenagers. They are often more effective when used as part of a formula than when used alone.

MUCILANT HERBS: Although most literature refers to these herbs as mucilaginous or demulcent, we prefer the term “mucilant.” Mucilants have a bland or mildly sweet flavour, but their texture is their most defining feature. They have a slimy, slippery texture when wet. Gums, mucilage, and pectin are examples of water-loving polysaccharides or mucopolysaccharides. Glycosaminoglycans may also be present. Okra is a mucilant vegetable. Aloe vera, slippery elm, and kelp are some examples of herbal remedies. Mucilants are hydrating, cooling, and nourishing to the skin. They are used to relieve hot, red, dry, and irritated tissues. When taken internally, they add water-soluble fibre to the stool, and when taken with enough water, they act as bulk laxatives. They can also assist in stopping diarrhoea. Mucilants nourish and nurture beneficial gut flora while also promoting overall intestinal health. They help lower cholesterol and remove toxins from the body by absorbing bile from the gallbladder and liver. Mucilants protect mucous membranes and are used topically as poultices to soothe and cure irritated or injured skin. Mucilants should be administered separately from nutrients and drugs because they are absorbent. Excessive use can cause the gastrointestinal function to slow and cool, but this is easily remedied by adding a tiny amount of an aromatic or spicy plant. To operate efficiently, mucilants must be taken with plenty of water.

OILY HERBS: Due to fatty acids, oily herbs, especially seeds, have an oily flavour and texture. Flaxseed, evening primrose seed, and coconut are all oily plants. Herbs that are rich in oil are both nutritious and cooling. They give fatty acids to the body, which are needed for energy synthesis and immunological, neurological, and glandular function. (Both borage and evening primrose oils are sold as treatments for affecting prostaglandin function.) Dry tissues are moistened, and tissue flexibility is increased by using oily herbs. Some are moderate laxatives that lubricate the stool to make it easier to pass. There are no real contraindications to using oily plants.

THE SIX TISSUE STATES

Matthew Wood, a clinical herbalist, developed the six tissue states paradigm. The six tissue terrains refer to the body’s tissues and supplement the basic energetics of herbs that we discussed at the start of this chapter. Tissue terrain imbalances can be general or particular to a tissue or organ. Trying to match herbs with ailments will yield considerably better results than identifying terrain conditions and employing treatments that restore tissue balance. Three main tissue attributes are split into opposing imbalances in the tissue states. The metabolic rate, or how quickly or slowly the tissues generate energy, is the first of these tissue parameters. Tissues can be hyperactive (hyperfunctioning) or underactive (hypoactive) (hypoactive or hyperfunctioning). These are the properties of heat (overactive) and cold (inactive) (underactive). The hyperactive condition is referred to as annoyance, whereas the hypoactive state is depression. The second tissue quality is density, which is determined by the ratio of solid (mineral) to fluid (water) constituents (water and fats). When fluids surpass solids, the tissues become stagnant, similar to a swamp. When solids outnumber fluids, tissues become hard and dry, a condition is known as atrophy. Dampness (stagnation) and dryness are terms used to describe these two tissue states (atrophy). Tension is the third tissue quality. This has to do with tissue tone in general, as well as muscle tone in particular. Excess tone causes constriction, while a lack of tone causes excessive relaxation in an atonic state. Irritation (heat), depression (cold), stagnation (dampness), atrophy (dryness), constriction (tension), and relaxation (tony) are the six primary imbalances that can occur alone or in combination (such as irritation and constriction or dampness and depression). Begin with the most fundamental imbalances and work your way up to the more complicated mixes of imbalance.

PRODUCTION OF ENERGY

Irritation and depression have to do with energy production and metabolism. When you're irritated, your energy output is high; when you're depressed, it's low.

Irritation is often referred to as "heat" in traditional herbalism since it has a strong link to oxidation, inflammation, and fever. Irritated tissues are reddened and heated to the touch. Sharp aches are frequently associated with irritation. Heat or irritation is also indicated by a red tongue, a quick pulse, a ruddy (or reddish) complexion, and hyperactivity. Chemical, viral, and metabolic irritants can all produce irritation. To try to overcome the irritant, bodily tissues increase their energy output. Irritation is the process by which cells start the healing process by causing inflammation. The inflammatory response's role includes destroying damaged cells and attracting immune and stem cells to the area for tissue healing. Acute irritation isn't always a bad thing; the issue arises when irritation becomes chronic. Herbs that are cooling and moistening help to relieve irritation. Mucilants, fatty herbs, sweet tonics, and some bitters also cool irritated tissues, but sour herbs are the principal therapy for relieving irritation.

Irritation is the polar opposite of depression. Depression is commonly called "cold" in traditional herbalism because depressed tissues are cool to the touch and pallid. If there is pain, it is usually dull and achy. Hypoactive function, a pale complexion, a pale tongue, and a sluggish pulse rate are other symptoms of tissue depression. Tissue depression is difficult to treat since it can mimic a fake cold-induced by poor thyroid function and anaemia. An infection can also cause false heat in depressed tissues. A general feeling of exhaustion, a pale or dark-purple tongue, and a slow pulse rate are all symptoms of true tissue depression. Warming herbal medicines help to balance tissue depression. The major herbs employed here are aromatic and spicy, but warming fragrant bitters may also be beneficial. Pay attention to the condition's energetics and employ treatments with the right properties. The body cannot balance hot (irritated) warming or cold (depressed) situations with cooling herbs.

TONE OF THE TISSUE

The last set of opposing imbalances concerns muscle tension or tone. Muscles control the flow of energy and fluids in the body. Flow is diminished or impeded when muscles contract. Fluids can drain or leak from tissues when muscle tone gets too relaxed, or tissues are injured. Muscles are tight in constriction, and muscles are loosened, or tissues are injured and leaking in relaxation.

Muscles become tense as a result of overuse, which causes constriction. When muscles contract, they expend energy, and when they relax, they replenish it. Muscles spasm when they become tired from overuse or nutritional deficits. This might result in excruciating pain and restricted movement. High blood pressure, tension headaches, asthma attacks, and a spastic colon can all cause constriction. The dam can burst, and excessive flow of secretion can occur if the constriction relaxes regularly. This can manifest as alternating diarrhoea and constipation, alternating fever and chills, or migratory pains. In certain traditional medical systems, these are referred to as wind diseases. In cases of constriction, antispasmodic herbs are employed. Although most antispasmodics are unpleasant, some are fragrant, soothing nervines.

When tissues are unable to contain fluids due to injury or loss of muscular tone, relaxation ensues. Diarrhoea, leaky gut, excessive mucus production, bleeding, urine incontinence, and excessive sweating all-cause relaxation. Astringent plants counter relaxation.

OBTAINING THE DESIRED RESULTS

To obtain good results with any health care, you need a correct diagnosis or assessment and the right remedy, including giving it properly and at the proper dose.

STEP ONE: GET THE RIGHT EVALUATION

The growing popularity of holistic health has resulted in significant growth in the use of herbal medicine. This application differs from typical diagnostic methods. Western medical diagnosis is helpful, but it generally focuses on symptom treatment rather than the core cause necessary for complete healing. People who employ herbs as symptom-relieving therapies are frequently dissatisfied with their effects. Herbs aren't isolated chemical components or magic bullets, and unlike medicines, most herbs don't target specific biological reactions to cause quick changes in symptoms. Herbs, like foods, are made up of thousands of chemical components that interact with the human body in various ways. Some herbs have powerful effects on the body, including some toxic botanicals, yet even these medicines have more complicated effects than the single chemical molecules utilized in modern medicine. The good news is that they are relatively free of side effects as a result of this. The bad news is that herbs aren't very effective at easing symptoms, which isn't bad when you consider it. As we just discussed in our discussion of basic herbal categories and biological terrain, herbs help to bring equilibrium to the body. Herbs work best when combined with dietary and lifestyle modifications that target the root causes of disease. This leads to even better news. Traditional systems of medicine, such as TCM, Ayurvedic medicine from India, indigenous medical traditions, and even traditional Western herbalism, all contain assessment systems that are aimed to discover broad, underlying patterns of imbalance. This means their diagnostic methods were designed to work with herbs. A well-trained herbalist will be familiar with these concepts and can assist you in determining which herbal medicines will be most effective in your case. A herbalist's (or any other well-trained natural healer's) primary purpose is to examine each person's health problems holistically. Herbalists typically spend more than an hour with each client, discussing their entire health and medical history, as well as their food and lifestyle, as well as their mental and emotional state. Identifying the underlying imbalances causing a person's health problems is a time-consuming and difficult procedure, but it is necessary for effective results. Chronic fatigue does not have a specific herbal treatment. This is because exhaustion can be caused by various factors, including stress, emotional distress, dietary shortages, and mitochondrial malfunction. All complicated health conditions, such as depression, anxiety, and autoimmune disorders, follow the same premise.

The underlying reasons must be identified to provide anything other than symptomatic relief. Many people learn how to use herbs as first-aid medicines or to hasten recovery from common self-limiting illnesses. If you have a serious health problem, we recommend seeking help from a professional herbalist. A professional member of the American Herbalists Guild is one approach to discover a good herbalist (AHG). Herbalists who are members of the AHG have gone through a peer-review procedure to confirm their competence and integrity. For additional information, visit www.americanherbalistsguild.com. Findanherbalist.com lists both registered herbalists and competent herbalists who are not registered with the AHG. Herbalists can also be found on herbrally.com.

Look for a herbalist you can trust. The healer-patient interaction is a crucial aspect of the healing process. Herbalists don't have to worry about high overhead costs or how many clients they can see in an hour, and they spend a lot of time getting to know each client. All of this is not to say that you should avoid seeing a doctor. We collaborate with contemporary medicine rather than against it. Medical practitioners have improved diagnostic tools and other equipment at their disposal, despite the medical system forcing them into a practice model that does not allow them enough time to investigate the fundamental reasons for a person's health problems. A qualified medical professional should closely monitor serious health issues.

STEP TWO: CHOOSE THE RIGHT REMEDY

After you've completed a thorough assessment, it's time to choose the best treatment option. It's possible that the best treatment isn't a herb. Herbs will not compensate for lack of sleep, dehydration, or a processed and refined food

diet. Blue vervain isn't the best treatment for anxiety induced by a magnesium deficit. Find the most delicate method that will yield the desired results. The focus of modern medicine is on powerful, quick-acting treatments. These cause fast changes in symptoms yet have a long-term harmful influence on health. People accustomed to quick results may choose a strong herb to a mild one or believe that more is better if a little is good. This isn't how traditional herbal medicine works. If a physician in ancient Baghdad utilized a harsh medicine when a soft one would suffice, a gentle medicine when food would suffice, or food when basic lifestyle advice would be enough, their market license would be cancelled. The correct remedy must be used properly. Many herb books don't include information on dose forms or administration methods. A sore throat will not be relieved by swallowing a licorice root capsule. Licorice must coat the throat, which requires the powder, tea, or extract to be consumed in small, frequent dosages. Dosage is a point of contention among herbalists. Some herbalists use drop dosages. Traditional Chinese medicine practitioners, on the other hand, frequently use huge amounts of herbs. Some people respond fast to tiny doses, while others require greater quantities to make a difference. It may take some trial and error to get the right dose for you.

CHAPTER TWO

HERBAL PREPARATIONS

UNDERSTANDING THE MANY WAYS TO PREPARE AND USE HERBS:

Whether you decide to make your herbal medicines or purchase ready-made herbal products, it helps understand the many ways herbs can be prepared and administered. Each of the following methods is appropriate for certain herbs and situations. Each has its advantages and disadvantages. So, let's start with an overview of the subject.

FRESH HERBS: Using fresh plant material is the most basic approach to use herbs. Herbs can be found in nature or planted in a garden. Garlic, ginger, basil, and other culinary herbs, for example, can be obtained fresh from the grocery store. Herbs are similar to fresh fruits and vegetables when used in this way. We all know that the fresher the product, the higher the nutritional worth. The same is usually true for therapeutic herbs, but not always. The more medicinally effective the plant material is, the fresher it is. There are some exceptions. When fresh, some herbs can be overpowering or even moderately toxic, but with drying or ageing, they become more mellow. Cascara sagrada, a laxative herb, is a good example of this. When the bark is fresh, it is violently emetic and cathartic, causing a person to vomit and have severe diarrhoea. To mellow the activity of cascara, it must be dried and aged for at least a year. However, the general rule is that fresh plant material is always preferable. The issue is that just a few herbs are accessible fresh throughout the year. Fresh plant material must be processed in some way to preserve it, either by drying it or extracting it in some form of media to keep it, to have year-round availability.

The simplest and oldest way of preparing herbs for storage is to dry them. Most plant elements are highly preserved; hence most medicinal benefits of plants are conserved. Place dried herbs in an airtight container and keep them away from light, heat, and moisture, which all break down plant material. The efficacy of most dried herbs lasts at least 1–2 years, and some last even longer. Flowers, leaves, and other delicate plant components, in general, decay faster after drying than harder plant parts, such as bark and roots. Aromatic herbs deteriorate the most because essential oils evaporate and are lost over time; therefore, it's better to use them within a year. Astringent barks and roots, on the other hand, can be effective for up to ten years. Herbs that have been dried can be used in a variety of ways. They can be used in bulk or manufactured into capsules or tablets, as indicated below.

DRIED HERBS: Bulk dried herbs can be purchased in containers ranging from a few ounces to a pound or more from various sources. Depending on the herb, you can acquire dried herbs in various formats, the most common being powdered, sliced and sifted, and whole. The term “cut and sifted” refers to plant material that has been sliced into small pieces and sifted to ensure that the pieces are of a consistent size. We recommend getting sliced and sifted or whole herbs rather than powders if you plan on storing the herb for a long time. The greater the surface area exposed to the air, the more quickly the plant material degrades. Essential oils fade more quickly from powders, which is especially true for fragrant herbs. If you need to powder the herb later, a decent grinder will suffice. Herbs that have been dried can be used in a variety of ways. Various powdered herbs can be added to food or used to make topical remedies such as poultices. Capsules and pills can be produced from herbal powders. Dried herbs can also be used to make herbal drinks and herbal extracts.

CAPSULES: Because they are an easy and practical dose form, capsules have become a popular way of taking herbs. Dried herbal powders are encapsulated in gelatin capsules, allowing them to be eaten. One of the most significant advantages of capsules is that they have no flavour. This makes them especially useful for herbs that have

a bad taste, such as bitter or caustic herbs. You will also receive the entire plant material, including the plant fibres. Most gelatin capsules are derived from animal by-products, which may be an issue for vegetarians or vegans, but vegetarian capsules made entirely of plants are also available. You can even buy the capsules and powders and fill your capsules if you're prepared to put forth a little effort. However, capsules offer significant disadvantages.

To begin with, capsules make it more difficult to control dosages, especially with stronger botanicals. It's easy to adjust the amount of an alcohol tincture by a few drops, but it isn't easy to take 14 or 12 capsules. To allow for more exact dosing, herbs like lobelia, black cohosh, and other strong-acting or somewhat poisonous botanicals are best taken in a liquid dosage form.

In contrast, if a herbal powder (such as psyllium husks or slippery elm) requires several teaspoons for an effective dose, that's a lot of pills to swallow. The inability to taste or smell the herb makes it more difficult to control the dose. Your senses of taste and smell serve as sentinels to assist you in keeping track of what you put into your body. Although flavouring chemicals, sugar, salt, and processed fats in refined foods deceive these sentinels, ingestion of all-natural foods is well controlled by your senses. Once you've had a particular amount of natural food, such as apples or carrots, it becomes increasingly difficult to consume more. Your body is telling you that enough is enough. Taking a herbal tea or extract has the same effect. Even if the taste is awful, you'll be able to force yourself to take a certain quantity, but once you've had enough, your body will resist, and it will be difficult to force yourself to take any more. As a result, taste and scent assist you in regulating the specific quantity your body requires, which is impossible to do with capsules. Another downside of utilizing capsules is that it has a relatively unknown drawback (and tablets). Herbs have the main activity that acts through the senses to influence the body's neurological system directly. For example, when your taste receptors detect spicy food or aromatic herbs like capsicum, your body experiences an almost immediate heat sensation. There may be a blush to your face, as well as sweat developing on your brow. You can also notice enhanced sinus discharge or lungs mucus cleaning. These aren't reactions due to the plant's contents being digested, absorbed, and utilized. They are nervous system reactions that occur as a result of sensory input. These direct impacts will not occur if you take those identical aromatic herbs in a pill. Only the secondary effects, which occur after the body has absorbed the plant constituents, will be felt. The herb's secondary effects can last anywhere from 15 minutes to several hours after you ingest it. The principal effects of herbs are virtually totally responsible for some of their advantages. Bitter tastes, for example, increase digestive secretions like hydrochloric acid in the stomach. As a result, basic bitters like gentian have been utilized as digestive tonics when given in liquid form 15– 20 minutes before eating to promote digestive function. Taking a gentian in a pill will not produce the same results.

Similarly, diaphoretics such as yarrow best when taken as hot infusions or extracts with plenty of warm water to produce sweat. A pill of yarrow will not have the same impact as swallowing it whole. One of the reasons many herbs appear to act faster when taken in liquid form is because of primary effects. Another reason is that breaking down a capsule, rehydrating the dry powders, and absorbing the plant elements take time. Herbs in liquid form can be absorbed right away. Breaking open many capsules of herb powder and dumping the contents into the container with the capsules is one approach to keep the principal effects of a herb while still consuming it in capsules. Place the lid on the container and slowly twist it in different directions to coat the capsules with the powder. In this manner, when you take a capsule, you will taste a small amount of the herb powder to activate the taste receptors on your tongue and benefit from the immediate effects. Still, the majority of the herb will be taken without tasting it.

TABLETS: While tablets are more commonly associated with nutritional supplements than with herbs, some herbs are available in tablet form. For many patent Chinese herbal medications, it is still the preferred dose form. Herbal

powders are combined with a binder to create tablets. The tablets are then rolled or pressed into shape. Herbal powders are placed in a spinning drum in China to manufacture circular herbal tablets. The herbal powders hold together when syrup is drizzled into the drum, making small round “tablets.” After that, they are separated by size and dried. The powders are usually blended and then pressed to produce oblong-shaped tablets in the United States. Tablets that have been pressed are frequently coated to help protect them from moisture and preserve them. Clear vegetable shellac is frequently used as a finish. Capsules and pills share many of the same benefits and drawbacks. Again, you can avoid the unpleasant flavours, but it’s more difficult to control the dosage. Tablets can be more difficult to digest than capsules, depending on the binders and coatings employed. Tablets have been reported to pass largely undamaged. Fillers, binding agents, and coatings may not be specified on the label as well.

EXTRACTIONS OF LIQUID HERBS: As soon as a plant is harvested, some components begin to degrade. It might be claimed that even if you eat a newly harvested plant, you aren’t getting the full medicinal benefit because humans lack the enzyme cellulase, which is required to break down the cell wall structure of plants. This is why, for medicinal purposes, we usually extract herbs into a liquid, traditionally using water to prepare infusions (teas) and decoctions. The solvent, often known as a menstruum, is the liquid used to extract the plant. A substance that dissolves a solid is referred to as menstruum in alchemy. This book will explore the solvents or menstrua: water, syrup (water plus sugar), alcohol, glycerin, vinegar, and oil. Chemical solvents such as acetone may be employed in industrial procedures to create standardized extracts. Every menstruum has certain constituents that it is highly good at extracting and others that it is not very good at extracting. Water is a poor solvent for resins but a wonderful solvent for carbohydrates; alcohol is an excellent solvent for many medicinal ingredients but a bad solvent for mucilage, and glycerin is a poor solvent for most constituents except volatile oils when used alone (without heat and water).

EXTRACTIONS WITH WATER: Water is the earliest extraction medium for herbs, and it is still one of the most straightforward ways to get herbs into liquid form. Infusions and decoctions are the two most common types of water extraction. Herbal teas or tisanes are other names for infusions (a French term). They’re normally created by pouring boiling water over a herb and steeping it before filtering for a set amount of time. There are also cold infusions, in which the herb is soaked in water, similar to creating sun tea. Infusions are typically used on plant components that are more delicate, such as flowers and leaves. Aromatic and pleasant-tasting herbs are the most commonly used. Because the plant is cooked in the water, decoctions, differ from infusions. They’re created by boiling water, adding the herbs, then lowering the heat and simmering them for a set amount of time. Decoctions extract elements that aren’t readily released from plant material. Infusions extract more minerals, tannins, and bitter principles, whereas decoctions extract more minerals, tannins, and bitter principles. Infusions and decoctions are both affordable and simple to prepare. They’re also a good way to get the most out of most herbs. They can be stored in the refrigerator for several days and drunk as needed. Because they are consumed by drinking and tasting the plant, the body’s senses can easily help maintain the proper amount. Teas and decoctions are ineffective for bitter herbs, and some ingredients are not water-soluble. So, while they may not be ideal in every scenario, they are one of the most fundamental herbal extractions.

SYRUPS: A syrup is a water-based extraction that is created in the same way as a decoction, but with the addition of a sweetener, usually raw sugar or honey. In most cases, the proportions are 50 per cent sugar or honey and 50 per cent water. Syrups are commonly used as cold and cough medicines and are a wonderful way to mask the taste of harsh plants. They’re nourishing and moisturizing, and they’re a great way to treat sore throats, coughs, and intestinal issues. Honey has its healing powers, which add to the syrup’s medical benefits. Honey, on the other hand, should not be given to children under the age of one. Syrups are a great way to provide medicine to kids and the

elderly, but their high sugar content might be a concern if you have diabetes or need to avoid sugar. Syrups have a short shelf life as well. They'll keep for about a month if kept refrigerated. However, adding alcohol to a syrup might lengthen its shelf life.

Alcohol is a great medium for extracting herbs, and alcohol extracts or tinctures are the most common dosage form employed by professional herbalists. Most herb ingredients dissolve well in alcohol, which can prepare tinctures from fresh or dried plants. Alcohol extracts have the longest shelf life of any herbal extract, storing them for years without losing effectiveness in most circumstances. Alcohol extracts are ideal for more potent botanicals or possibly hazardous, as the drop may control dosages. Taking herbs as liquids helps the taste buds control the dosage. Tinctures are also a fast-acting dose type since they swiftly transfer herbal ingredients into the bloodstream. Alcohol tinctures are also an excellent dose form for topically administering plants. Alcohol extracts have a few disadvantages. Alcohol is a poison to the body when consumed in big amounts. A dose of a tincture, on the other hand, contains only a modest amount of alcohol. If you take a 1-millilitre dose and assume a 50% alcohol content, you'll only get 12 millilitres of alcohol every dose. There are as much as 112 millilitres of naturally occurring alcohol in one glass of commercial orange juice. The liver contains routes to detoxify alcohol and convert it to sugar because humans are exposed to modest amounts of alcohol in foods. Alcohol preparations should also be avoided with children under the age of two. We have used alcohol formulations with young children in acute conditions or emergencies, but it is advisable to eliminate part of the alcohol before providing the herb. Bring an ounce of water to a boil to accomplish this. Take it off the heat and stir in the alcohol extract. Allowing this to sit for around 5 minutes allows about 15% of the alcohol to evaporate. To eliminate all of the alcohol, it takes about 4 hours of boiling alcohol in water. Tinctures can be made more suitable for young children by adding hot water or simply diluting them in water. Tinctures are the preferred method of preparation for many herbs. However, some religious views exclude water use, and tinctures aren't recommended for youngsters, alcoholics in recovery, or those with liver problems. Alcohol does not remove all ingredients, and some herbs work better in different menstrual periods.

GLYCERIN EXTRACTIONS (GLYCERITES): Glycerin is a less common extraction medium than alcohol, but it is gaining favour. Glycerin is a sweet-tasting, semi-clear liquid made from vegetable or animal fats. Fats are made up of fatty acids and glycerin (also known as glycerol), broken down by our digestive system. This means that our bodies process glycerin every time we consume fats. Using glycerin instead of alcohol to create herbal extracts has both advantages and downsides. Glycerin is harmless; thus, it can be used by small children, alcoholics, and anyone who cannot use alcohol. The fact that glycerites are not as strong as tinctures mean that bigger doses are required. Another benefit of glycerin is its pleasant flavour, allowing it to conceal many herbs' bitterness. A glycerite is comparable to a syrup in this regard, but, unlike syrups, glycerites do not cause blood sugar levels to surge in most people. Because glycerin is not a sugar processed differently in healthy persons, it does not boost blood sugar levels. People with diabetes, however, may need to be cautious when utilizing glycerites, according to some research. Alcohol is both a better and less expensive preservative than glycerin. Glycerites, on the other hand, have a long shelf life. We have a lot of expertise in creating glycerites and have discovered that well-constructed glycerites last at least three years. We've even seen glycerites that were still working after ten years or more.

The usage of heat in the production of glycerites is a disadvantage of glycerin over alcohol. Glycerin is a poor solvent in the absence of heat. Making fresh plant glycerites is considerably more complicated. As a result, glycerin will not properly extract plant chemicals that have been degraded by heat or drying. Glycerin itself has certain medicinal benefits. It has antifungal and antibacterial properties. Glycerites are also calming and emollient, making them ideal for applications where tissues must be soothed and hydrated. Glycerin will not remove resins or oils; thus, for resinous or oily herbs, use alcohol. Most mucilaginous herbs are also difficult, if not impossible, to prepare

as a glycerite, but they do not extract in alcohol.

ACID TINCTURES OR HERBAL VINEGAR

Although vinegar is not extensively utilized as an extraction medium, it has its uses. Herbal vinegar or acid tincture is the name given to a herbal extract produced with vinegar. Although some medical plants have also been converted into acid tinctures, this method is most typically utilized with culinary herbs for use in cooking or as a salad dressing. Because vinegar is not a good solvent for many herbal ingredients, vinegar preparations are not as therapeutically powerful as alcohol or glycerin preparations. It also has a shorter shelf life, and some individuals don't like the taste of vinegar extracts. Others may find vinegar to be a particularly enticing extraction media because they enjoy the taste. Vinegar is particularly useful in two situations. The first is in mineral extraction from calcium and other alkaline minerals found in herbs. The second is for extracting aromatic and pungent plants, such as those used to make Fire Cider.

EXTRACTIONS OF OIL

Some herbs are extracted using oil or fat like olive oil, coconut oil, or lard. Oil extraction is carried out to manufacture topical medicines or serve as a base for salves and ointments. Because oil is a poor solvent for most herbal ingredients, some ointment and salves formulae start with water or alcohol-based extraction and then add oil subsequently. However, some plants, such as St. John's wort flowers and mullein flowers, extract well in oil. Herbal oils are relaxing, softening, and emollient, so they're ideal for minor skin issues, including abrasions, burns, rashes, and dry skin. However, they should not be used on fresh cuts or wounds since the oil might trap bacteria in the wound and spread infection.

PREPARATIONS THAT ARE UNIQUE

There are several other, more specialized preparations that you should be aware of in addition to the fundamental methods for preparing herbs that we've discussed above. The majority of these preparations are industrial uses that are beyond the capabilities of the average home cook. You should, however, be aware of these preparations and their applications.

CAPSULES IN LIQUID FORM

Herbal extracts in soft gel capsules are an intriguing new technology for manufacturing herbal products. This dosage form combines some of the advantages of capsules with the advantages of liquid extracts. These products are more expensive than capsules or extracts, but they can be quite effective. Only a few plants are accessible in this form right now, and it's not something you can create at home.

EXTRACTS THAT HAVE BEEN STANDARDIZED

Quality herbal products have always been standardized, which means that the method they were prepared was consistent; they were made using a set of procedures. Herbal items that were once part of the United States Pharmacopoeia were made to USP specifications. This label can still be found on some over-the-counter drugstore items. The material was gathered appropriately and verified as being the relevant plant portion, according to standardization. The source material also met specific quality control standards. After that, the substance was extracted with identical amounts of herbal material and menstruum each time. The tincturing or processing time was

also set to a certain amount of time. Nowadays, the term “standardized” has a quite different connotation. Modern standardization began in 1992 due to German rules requiring producers to standardize their products to ensure a certain constituent’s effectiveness. This type of standardization stems from the mainstream scientific belief that herbs’ efficiency is due to certain chemical substances known as “active ingredients.” Many individuals believe that the standardization movement is a positive step for herbal treatment; however, professional clinical herbalists oppose it. These experts, who have the most hands-on expertise with herbs, frequently discover that standardized extracts aren’t as effective as whole herbs. Standardization contradicts traditional herbal wisdom, which holds that the whole is greater than the sum of its parts.

Thousands of chemical components are combined in incredibly sophisticated ways in plants as a whole. The synergy of these substances, according to most herbalists, frequently produces a better effect than any single component or collection of compounds in the plants. On the other hand, a standardized extract employs various solvents to separate or concentrate select molecules deemed to be “active” while leaving other compounds that may have synergistic effects. As a result, standardized extracts resemble modern pharmaceuticals more than complete herbal preparations. This isn’t to say they can’t be beneficial; it just means they shouldn’t be mistaken for the real thing. It’s impossible to assume that a single chemical or collection of compounds found in a plant would have the same effects as the original herb. Curcumin, a turmeric ingredient, and berberine, an antibacterial chemical found in plants like goldenseal and Oregon grape, are examples of this type of extract. These extracts are related to medicinal herbs similarly as vitamin and mineral supplements are related to diet. They are not interchangeable. Standardized extracts have a place in the world. In fact, for optimum safety and dose, several botanicals must be used in this manner. For example, all of the studies on the benefits of Ginkgo Biloba were conducted using a standardized extract. Traditional herbal medicine did not use the full leaf and thus lacked the benefits of the standardized extract. Standardization can be utilized to lessen toxicity in botanicals that include undesired chemicals. It can also help with precise dosing powerful plant substances, such as acetogenins from a paw, as an anti-cancer treatment. There are several issues with these items that consumers should be aware of. For starters, standardization raises the cost of herbal medications for consumers without necessarily improving their effectiveness. Second, there isn’t always agreement on which chemicals should be standardized, and compounds that aren’t standardized may have therapeutic value. A curcumin-free extract of turmeric, for example, was discovered to exhibit anti-inflammatory activities, suggesting that turmeric’s anti-inflammatory capabilities are not limited to curcumin.

Furthermore, current standards are not based on clinical experience from practising herbalists, nor are they produced by an objective third party like the United States Pharmacopoeia. Pharmaceutical and nutraceutical firms set the requirements, generally based on studies on the compounds rather than the whole herbs. The chemical solvents employed to selectively extract and concentrate active ingredients at the expense of others are also a concern. Are there any residues of these substances left in the product? In summary, standardized extracts provide a standardized level of specific plant elements, resulting in a more specialized, medicine-like activity. The product is no longer a herb, even though it may help with dosage management and uniformity. A complete plant is not the same as a standardized extract, just as orange is not the same as a vitamin C pill. The original plant’s synergy of ingredients is lost, which implies the product may not be as effective as the less expensive entire herb in many circumstances.

OILS ESSENTIALS

A concentrated extract of the volatile elements in herbs is an essential oil, also known as a volatile oil. These are the chemicals that evaporate from a plant and give it its distinctive scent. Like a standardized extract, essential oil is not the same as the herb from which it is extracted. It is a concentrated herb form, although it does not include all of the

plant's other chemicals. This is crucial to remember since many individuals will assign therapeutic properties to an essential oil that can only be found in the herb itself. Because essential oils are highly concentrated compounds, they do not have the same level of safety as a full plant. Essential oils can irritate the skin and mucous membranes of those with sensitive skin. Many are poisonous and should never be taken internally. Even oils generally considered safe (GRAS) can be toxic when consumed in high amounts (with essential oil, one drop is a fairly large dose). The aroma of essential oils, like the flavour of a plant, has a direct and immediate effect on biological functioning via the neurological system. This means that to reap the benefits of essential oil, it is typically not necessary to consume it. Smelling them or diluting and applying them topically is the safest way to use them. These highly concentrated compounds have a long shelf life, are antibacterial and therapeutic, and can help with emotional healing and mood changes. Their rising popularity attests to their advantages, as well as the marketing efforts of companies that sell them. Making essential oils at home necessitates specialized equipment, which can cost upwards of \$500. Many individuals consider essential oil distillation to be a fun and worthy investment. Because certain oils in the marketplace may have been extracted or adulterated with chemical solvents, it's critical to look for both high-quality oils and instructions on how to use them safely.

CHAPTER THREE

HARVESTING, DRYING AND USING FRESH HERBS

Nature freely gives remedies that can assist you in resolving health issues and maintaining your health. You don't have to walk into the woods to find these beneficial plants. The majority of typical lawn and garden weeds are medicinal. Many therapeutic herbs can be purchased in garden nurseries and planted in your yard or grown as houseplants in pots. Fresh therapeutic herbs are even available at your local food shop. Harvesting your herbs isn't required to prepare your herbal medications, but it is enjoyable and powerful. It strengthens your bond with nature, allowing you to perceive it as an ally full of living beings eager to share their gifts. This isn't a gardening book or a plant identification guide, but we'd want to introduce you to some of the fundamentals you'll need to know to obtain your medicinal plants. We'll start with how to produce them, then talk about gathering them in the wild, and finally, some of the ways you can use fresh plants as medication.

GROWING HERBS: It was normal practice to keep a few therapeutic herbs in the kitchen garden. Many plants, particularly culinary herbs, are rather simple to grow. You can grow your herbs in a planter box or similar tiny container if you don't have much space. Most local nurseries include basic culinary herb plants, and some plants sold as flowers or veggies are also medicinal. Look for basil, cilantro, dill, fennel, garlic, oregano, parsley, rosemary, sage, and thyme, to name a few. Mints like spearmint and peppermint are typically easy to grow and spread like weeds if not controlled. Grow orange mint, pineapple mint, chocolate mint, and ginger mint to be exotic. Planting medicinal flowers like yarrow, roses, calendula, or chamomile in a garden is simple. Easy-to-grow herbs include borage, bee balm, catnip, and horehound. Even more, options can be found by searching for herb plants and seeds on the internet. Get a good book on growing herbs and start your medicinal garden if you have the room.

According to Ralph Waldo Emerson, WILDCRAFTING HERBS: **Weeds** are plants "whose virtues have yet to be found." If you have a yard, you probably already have several medicinal plants growing on your property, and if you don't, they're growing in the neighbourhood. Begin by becoming familiar with the medical weeds growing in your backyard before venturing out into the wild about learning to identify medicinal plants. Burdock, dandelion, red clover, plantain, mullein, and wild lettuce are some common medicinal weeds found nearby. Before you begin harvesting, double-check that you have correctly recognized the plant. It's simple to mix some plants with others, particularly in plant families like the carrot family. Plants should be identified by their Latin names rather than their common names, as the same common name is frequently applied to multiple species of the same plant. People have died from ingesting hazardous plants by accident on rare occasions (though most people only get very unwell). If you're not certain about a plant, don't harvest it. In your local bookshop, look for books about local plants. Most plant identification books lack information on how to collect and use the plant. Most herbal guides lack identification information, so you'll need to examine herb textbooks and field guides. When identifying new plants, have several of each on hand. Attend a series of herb walks with an experienced herbalist or take a few field botany classes if you wish to gather any herbs other than ordinary garden weeds or ones you've cultivated yourself. Learn to recognize dangerous plants in your area so you don't mix them with other plants.

WILDCRAFTING IN AN ETHICAL MANNER

Overharvesting of certain therapeutic plants has resulted in the extinction of several species. Consult United Plant Savers (www.unitedplantsavers.org) for a list of endangered, overharvested, or suffering from habitat loss, and refrain from harvesting them. Even if the plant you want isn't endangered or threatened, there are some basic steps

you can do to ensure that it will be around for future generations: Only gather medicinal herbs in areas where they are plentiful. Take no more than 10% of the plants in any particular region. Always leave a healthy supply of plants for nature to replenish. Before you harvest the plant, it's a good idea to learn about its reproductive habits. A plant that reproduces through underground rhizomes should be thinned, whereas a plant that reproduces through seeds should be picked intermittently and the blossoms allowed to turn to seed. Gather leaves, seeds, and flowers, which grow back quickly, rather than barks and roots, which may kill the plant if they are lost. Harvest bark with care, especially from recently downed branches or prunings, and with consideration for the tree's needs. Replant the crown portion of the root or rhizomes and fill in holes when harvesting roots and bulbs to avoid leaving gaps in the ground. Leave the plants at the top of the hill intact while harvesting plants on a hill to help replenish the downhill slope. Before gathering plants, many indigenous cultures teach that you should ask the plants for permission and leave an offering in exchange for the plant. Before harvesting the plant, sit with it for at least 15 minutes in a quiet, meditative mood. Consider what you'd like to do with the plant material, and then ask the plant for permission to collect it. Native inhabitants frequently sought what appeared to be the area's "eldest" plant or plant "tribe." They would offer this "grandfather" plant cornmeal or tobacco in exchange for permission to collect part of the tribe. Even if you don't choose to harvest plants in these traditional ways, do so with reverence and gratitude. Respect the reality that these living plants are sacrificing their lives or a portion of themselves to assist you and others in their healing.

HARVESTING AND DRYING HERBS: Ensure the plants you collect haven't been sprayed with chemicals and aren't growing adjacent to busy streets where exhaust fumes are present. Don't take plants from other people's land unless they permit you. If you're harvesting from government territory, make sure you know the rules and restrictions (it's unlawful to take plants from national parks). To minimize misunderstanding, just harvest one plant species at a time. Individual plant parts, such as leaves, are easily confused. As soon as you come home, carefully label everything. Before you go out and gather the plant, be sure you know what you're going to do with it. Harvest only the plant parts that will be used medicinally, and only as much as you require. Avoid gathering from damp ground, where your footprints might harm the soil and make future growth more difficult; instead, wait for a period of excellent weather before going to a wetland region. Leave the region in a better state than when you arrived. As soon as possible, dry or prepare herbs into an extract. Keep the plant material cool until you're ready to dry, or process it if you have to wait.

HARVESTING AT THE APPROPRIATE MOMENT

Like fruits and vegetables, herbs have a season and time when they ripen and reach their maximum potency. Herbs should be harvested when they are fully mature and have the highest concentration of medicinal compounds. Here are some general recommendations; for more detailed information, see other herbal texts. The best time to harvest bark is in the spring (and early in the morning), when the sap rises and the bark is most active. Harvesting immature stems, buds, and leaves are also possible at this time. Flowers are typically picked during the day when the plant's energy is most yang or outward. Flowers should be picked as soon as they open. (Night-blooming flowers should be gathered in the evening as they begin to open.) In the early morning hours, essential oils climb up the stems and concentrate in flowers, then evaporate as the day progresses. The energy and nutrition stores are returned to the root as the plant dies back in the fall. Roots are typically harvested in the fall and are often more effective when harvested in the twilight hours when the plant's energies are being drawn downward again.

SELECTING THE RIGHT HERBAL PARTS

Many plants have various purposes depending on whatever section of the plant you're looking at. It's crucial to understand whatever component of the plant you desire. While some sections of the plant may be perfectly safe, others may be poisonous. Both elder blossoms and elderberries have antiviral properties. Elder blossoms treat skin irritations on the surface and as a mild refrigerant to ease fevers and reduce inflammation when taken internally. Elderberries are a potassium-rich meal that can treat wasting symptoms when mixed with slippery elm gruel. Elderberries have a slight decongestant effect and are used to strengthen tonic cardiovascular herbal mixes. Elder leaves are astringent and mostly used as a topical treatment, whereas the bark is bitter, astringent, and somewhat poisonous and should only be used by expert practitioners. Toxic effects can range from simple stomach upset to coma and even death when the faulty component is used. The tomato fruit and potato tuber are both edible and nutritious, yet the leaves and stems of these plants are poisonous. The opposite is true: certain plants' leafy sections are edible, but their fruit or seeds are poisonous.

EXACT HARVESTING INSTRUCTIONS

Here are some more specific instructions for collecting different plant sections. These are, once again, basic recommendations. Each herb has its distinct qualities. You'll learn the optimal time to harvest each plant as you learn more about it.

Flowers: Because different plants flower at different times of the year, flower harvesting differs from plant to plant. The bud is sometimes used; in this instance, pick the blooms right before they open. Blossoms should be taken when they are fully open, just as they are reaching their optimum vigour, but before they begin to turn brown (wilt, waste, or dry out). The blossom will begin to wilt and go limp shortly after this, and the brightness of the colour will begin to disappear. Flowers are best harvested in the mid-to-late morning when the dew has dried. Carefully cut or choose them. If the stems are woody, such as lavender, clippers can collect the stem and the flowers. Remove the flowers from the stems before drying if the stems are large or meaty. Fresh flowers should be kept loose and in open containers to avoid congealing and mould. Remove any visible dirt, soil, or insects, and lay the flowers out to dry on a paper-lined tray or newspaper. Flowers should be dried in a well-ventilated room away from direct sunshine and extreme heat; hanging paper sacks make excellent drying units. Store the blossoms entire in the dark, sealed containers until they are dried (they crumble when brushed between your fingers). When a flowering herb is used, the leaves and stems are gathered together with the blooms. Bundles of stems should be tied together with string or twine and hung upside down to dry. They should be dried away from direct sunlight and extreme heat.

Leaves and aerial parts: The optimal time to harvest leaves is in the early and mid-summer when the chlorophyll and fragrant and medicinal compounds are at their highest levels. Collect leaves once the dew has evaporated in the morning. Essential oils are concentrated in the leaves when the day warms up, photosynthesis begins and evaporates in the midday heat. Harvest the leaves after some warmth has pulled up the oils but before the heat has released them. Gather leaves while they are delicate and exhibiting new growth, either before flower buds emerge or after seeding, when new fall foliage emerges. All leaves should be handled delicately, without being bruised or crushed. Only use entire, healthy leaves that aren't damaged, discoloured, or plagued with insects.

"The leaves of such plants as go up to seed are not so good when they are in flower as before," Nicholas Culpeper writes in English Physician and Complete Herbal (p. 200). The plant's goals shift after flowering, and its energy is directed toward reproduction. The leaves might become bitter and astringent at this point. The components you're seeking will determine whether you gather the leaves before or after the plant flowers. Sorrel, bistort, good King Henry, angelica, and all salad herbs have luscious leaves that should be picked fresh. Succulent herbs should not be

dried and should be frozen in cooked food or kept in oil or vinegar. Large leaves, like burdock and mullein, can be plucked and dried separately; smaller leaves, like mints, should be left on the stem. Gather deciduous plants' leaves immediately before they flower and evergreen herbs like rosemary throughout the year. Harvest when the plant has both flowers and seed heads if you're using all the aerial parts. All leaves should be handled delicately, without being bruised or crushed. Only use entire, healthy leaves that aren't damaged, discoloured, or plagued with insects. Leaves can be dried in a variety of methods. Depending on the size of the stems, tie them in little bunches of 8–12 stems and hang them upside down to dry. Rub the leaves off the stem onto paper to dry until they are brittle to the touch but not so dry that they turn to powder, and discard the stem if it is not needed. Leaves can also be hung to dry after being spread on screens or placed loosely in tiny paper bags. Leaves should be dried away from direct sunshine. When dried, store in airtight containers.

Seeds: Seeds should be picked in the late autumn before the weather becomes damp or the snow begins to fall. When you harvest the seeds, the plant should be completely dead and dry. Because of the high concentration of therapeutic alkaloids in some seeds, such as poppy and oat, are collected when still green. (It should be noted that the usage of green poppy seed is prohibited.) The optimal time to harvest a plant's seeds is in the middle of the day. Pick them on a warm, dry day when the seeds are fully mature but have not yet fallen off the plant. The seeds should be tan, brown, or black, not green, and have firm, paper-dry pods. With roughly 15–25 centimetres (6–10 inches) of stalk remaining, harvest the complete seed head. Seed heads should be hung upside down on a paper-lined tray or in a paper bag out of direct sunlight. Within two weeks, the seeds should be dry. Keep every seed in their container, and name and date everything.

Roots and Rhizomes: Most roots are harvested in late autumn when the plant's aerial portions have withered and the earth has become too hard to dig easily. The plant's fluids and vitality are stored in the roots or rhizomes in the fall. This rule has some exceptions: Dandelion root should be harvested in the spring before it gets bitter and woody. Annuals should be dug up once their growing cycle is over at the end of the year. When the active components of perennial roots have evolved in their second or third year of growth, or later, pick them. Because sap rises and falls with the sun, harvest roots early in the morning or late in the afternoon when the plant's potency is highest. To remove soil and grime from the roots, you should usually wash them completely. Scrub tiny roots with an old toothbrush. The fibrous hairs on most roots, such as horseradish and comfrey, can be removed by scrubbing them clean. Others, like valerian, should not have their microscopic root hairs removed because their valuable ingredients are found in the epidermal (surface) cells. Brush the dirt from these roots with a dry toothbrush or wash them gently. Because cutting roots when they're dry can be difficult, if not impossible, to chop huge roots into small pieces while they're still fresh. Dry the pieces of root on a screen or a tray lined with paper in a warm, out of direct sunlight location. Some succulent roots, such as dandelion and burdock, require a little more heat than others to kill minute insect eggs; they should be sliced into small pieces while fresh and dried at 150° in a food dehydrator or the oven on the lowest setting with the door propped open. Because certain roots absorb moisture from the air, if they get soft, discard them.

Sap and Resin: Harvesting resin from a tree is best done in the autumn when the sap falls. The sap is typically obtained in the spring when it is at its highest level. Make a deep cut in the bark in either scenario and wait for the resin or sap to pour out. Drilling a hole in the tree and collecting the sap in a cup or bucket tethered to the tree are two ways to collect sap. A large bucket is sometimes required: for example, a huge volume of birch sap might be gathered overnight during certain times of the year. If you're tapping (drilling) a tree, put a wood cork in the hole once you're done to keep insects out. Latex plants such as wild lettuce and desert poppy have sap that can be squeezed into a container. Because some saps, such as celandine and fig sap, are caustic, use protective gloves

before squeezing. To harvest aloe, cut the leaf down the middle and peel back the edges, then scrape the gel from the leaf with the blunt edge of a knife.

Fruits: Only harvest fruits when they are fully ripe. Depending on the plant, this might happen anytime from summer to late fall. The ease with which fruit may be plucked from the plant is one of the best markers that it has matured. The fruit should virtually fall off as soon as it is touched, and it should not have to be yanked from the plant's stem with force. Before the fruit gets too soft to dry, harvest berries and other fruits as soon as they become ripe. Lay them out to dry on screens that have been covered. Turn fleshy fruits regularly to ensure even drying, and discard any fruit that appears to be mouldy. A dehydrator is a fantastic tool for drying medicinal fruits.

Bark: Bark should be harvested in the late fall, winter, or early spring for outer and inner bark. This is when they are most effective, and depending on where you live, there should be no insect or pest infestation at that time of year. When the sap is falling back into the roots, harvest in the autumn to prevent tree damage. The tree will heal any injury as spring approaches and the fluids in the plant rise (including the stripped bark). This is the only period most plants can recuperate without being harmed by the surroundings. When people carve their initials in a tree, they cut into the outer bark of the tree. The thin layer beneath the tree's hard outer bark that still attaches to the tree is known as the inner bark. Bark can be collected from young branches or trunks. Before taking bark from live trees, look for recently fallen trees. It's recommended to saw off a branch and then strip it while working with living trees. In wet weather, the bark will readily peel away. Cut carefully so that the bark does not pull away from the trunk, exposing the tree to insect infestation. If you only need a small amount of bark, cut thin lengthwise strips from one of the branches; cutting around the tree's circumference will destroy it. Brush off any moss or insects, then break or chop the bark into small (1–2 inch square) pieces and spread them out on a tray to dry. Twigs can sometimes be used instead of bark. Fruit trees, such as peach and apple, have clipped branches used as herbal medicine.

After the aerial parts have wilted, harvest the bulbs. Collect garlic bulbs as soon as possible; once the leaves have faded, they tend to fall and become difficult to find. Medicinal bulbs include things like garlic and onions.

APPLICATION OF FRESH PLANTATIONS

You can use fresh plants in a variety of ways. The fresh herb can be chewed and eaten or added to soups, stews, and other recipes. Fresh herbs can also be extracted using water, alcohol, glycerin, or vinegar (infusions and decoctions). Here are a few specific herbal remedies you can make with fresh plants.

FRESH PLANT POULTICES

Fresh herbs can be mashed and applied straight to the skin for burns, insect bites, bee stings, cuts, and other minor ailments. To make a fresh plant poultice, chew the plant material a little, crushing it with your teeth and combining it with saliva. (Spit poultices should not be used on injured skin since they contain many harmful bacteria from the mouth.) Examples of fresh herbs that can be used as poultices include the following:

- Plantain (bee stings, insect bites, snake bites, burns, minor cuts and abrasions; dirty wounds containing sand, dirt, grit, or other impurities)
- Lily of the valley (draws out slivers and pus)
- Yarrow (cuts, bruises, crushed tissues, insect bites)
- Grindelia (bee stings and insect bites, cuts, infected wounds)
- Jewelweed (poison ivy)

PASTES AND OINTMENTS FOR IMMEDIATE USE

Herb pastes and ointments can be produced from fresh herbs. Mix crushed fresh herbs with a little honey or glycerin to make a paste. These can be consumed or used on a poultice basis. By crushing fresh herbs into butter, ghee, or oil, you can prepare an instant salve.

GREEN DRINKS

A blender is used to make green drinks. In a blender, combine fruit juice (pineapple juice is great), fresh herbs, and blend until smooth. Strain and take a sip. To ensure the full efficacy of all of the plant's nutrients and elements, drink green drinks within a few minutes. Dandelion greens, plantain, parsley, wheatgrass, and barley grass are some plants that can be used to prepare green drinks.

JUICING

Parsley, garlic, onions, and fruits like lemons and limes are widely used in herb juices. When you juice fresh herbs, the plant fibre is separated from the plant juices. A food processor or a juicer can be used to make herbal juices. The mortar and pestle is the most ancient way of juicing, which is still utilized by the more adventurous. To get the juice, strain the mashed plant material through a muslin cloth and squeeze it through a nylon sieve or jelly bag. Juicing necessitates a large amount of fresh herb: a 10-litre bucket of fresh herb might only yield 100 millilitres of juice.

Dehydrated Herb Juice: The juice can be dehydrated once it has been extracted from the plant fibre. To avoid microbiological contamination, dehydrating must be done with care and hygiene. Quickly dry the juice, but not to the point where the nutritional elements or medicinal ingredients are damaged. Using fruit leather trays and a normal food dehydrator, dry juices. You can also dry juice on waxed paper or glass if you don't want to use heat: To avoid mould and keep flies and pests away, spread a thin layer of juice on waxed paper or a glass container and cover with a muslin cloth. Allow drying in a warm location. Scrape the juice off, powder it, and package it once it has dried completely. This type of preparation will last 3–4 months if stored in a cold, dark, and dry location.

RAW GARLIC: While most herbs perform well when dried, some herbs function best when used fresh. One of them is garlic. Garlic bulbs may be found in any grocery shop, and raw garlic is good medicine to have on hand. Garlic is frequently available as capsules and extracted in oil. Still, allicin, an antibacterial ingredient found in raw garlic, degrades quickly into inert chemicals, so buying it fresh is the best option. Fresh garlic can be used in a variety of ways. Cut a slice of garlic clove and lay it on the outer ear, covering the ear canal for ear infections and earaches. Garlic should not be inserted into the ear canal. If raw garlic bothers your skin, use a thin layer of olive oil before applying it. To fight an abscessed tooth, slice a piece of garlic, cover it with olive oil, and lay it next to the infected tooth. This can only relieve the pain and infection momentarily; you must still see a dentist. Raw garlic fights infections in the intestines and lungs internally, but it has minimal systemic infections. Chop raw garlic into little pieces and mix it with a tablespoon of honey to get it down.

DRIED HERBS BULK HERBS, CAPSULES, AND TABLETS

Drying herbs is one of the oldest techniques of storing and using herbs, and it's simple to perform at home. Most herbs retain a reasonable potency when dried, although some lose potency and a few others gain strength due to

drying. Powdered dried herbs are common. Plant material is exposed to the air when it is powdered, causing additional components to be lost. This means that powdered herbs lose their effectiveness more quickly than sliced and sifted or whole herbs. Powders can be encapsulated or tableted, and extracts and topical medicines can be made using powders and bulk dry plants.

BULK HERBS: You rely on the supplier to ensure that the plant was correctly identified and harvested when buying bulk herbs. When selecting a herb merchant, be cautious. Herbs that are organically produced or wildcrafted are our favourites. Herbs grown organically are grown without the use of chemical pesticides, herbicides, or fertilizers. Because wildcrafted herbs are obtained from the wild, they will be free of chemical pesticides, herbicides, and fertilizers unless harvested near highways or farms. Plant conservation is aided by using cultivated herbs, as they do not decrease wild plant populations.

On the other hand, plants that flourish in their natural habitat may be more effective than cultivated herbs. Because many medicinal compounds in plants are created in reaction to environmental stress, medicinal ingredient concentrations in wild-grown plants may be higher than cultivated ones. Whole, sliced, chopped and sifted, or powdered dried herbs are available. As previously said, the greater the amount of surface area exposed to light and air, the faster plants decay. Until ready to use, keep your herbs whole or sliced and sifted. You can use a Vitamix or a small coffee grinder to powder most cut and sifted herbs (except for particularly hard roots and barks).

QUESTIONS OF QUALITY CONTROL

Here are some quality control considerations to keep in mind while purchasing herbs. Cheaper brands aren't always a good investment. There is still adulteration in herbal goods nowadays. Some goods use the incorrect plant species. Plant parts that aren't deemed medicinally valuable are among the others. As a result, buy from companies that ensure they're using the proper plant species and parts. Ensure that plants are harvested at the appropriate time of year. The potency of a plant might also vary depending on where it was cultivated. Herbs must also be picked sustainably. Avoid companies that assist wildcrafters that are putting therapeutic plant species in jeopardy. The cleanliness of the plant matter is also critical. Is there any dirt or bug parts on the herb? Is it also devoid of pesticides and herbicides, as well as heavy metals and other chemicals? This is especially true for herbs imported from extremely contaminated nations such as China. Keep in mind that just because a herb is organic doesn't mean it's dirt-free or insect-free. These are all reasons why we advocate only buying herbal goods from reliable manufacturers, especially bulk herbs.

Dried herbs in bulk can be used in several ways. They can also be turned into herbal nut butter balls, encapsulated, tableted, or encapsulated. Some of the dose forms you can make with bulk dry herbs are listed below.

CAPSULES

When herbs were first put into capsules, it was a major windfall to the herb market. Encapsulated herbs are one of the most popular ways to take herbs in the United States today since they are easy to swallow. Encapsulated herbs do not work as quickly or as effectively as traditional teas and tinctures, but they are highly practical for some unpleasant herbs that require big doses. Many capsules contain animal by-products (gelatin) and may not be acceptable for vegetarians; however, all-vegetable capsules are becoming more popular. Most companies that encapsulate herbs use lubricants like magnesium stearate to keep their machinery running smoothly. Most people are unaffected by the addition of trace amounts of magnesium stearate, but those with sensitive digestive tracts should avoid it. Magnesium stearate is not used by several businesses, including Pure Encapsulations and Thorne. You may buy a home capsule filling machine for roughly \$30, or you can fill capsules by hand. You'll need a saucer or flat plate, empty capsules, and the powdered herb you want to encapsulate to do this manually. Fill the saucer with the

powdered herb. Scoop the powder into both sides of the capsule shell after separating the two halves. Glue the capsule's two parts together. Keep the finished capsules in the dark glass jar or container in a cool place. Machine filling is more efficient than hand filling since different capsule sizes carry varied amounts of herb powder. A size 00 capsule filled by hand will contain 200–250 mg of powdered herb. In a regular size 00 capsule, machine-filled capsules typically hold 45 milligrams of herb powder.

TABLETS

Many herbs were offered in tablet form before capsules became widespread. Herbal tablets are still available on the market. Tablets offer the same benefits as capsules, but they are more difficult to digest. Fillers are used to glueing the herbs together in certain tablets, and these substances aren't always listed on the label. Powdered herbs are blended with filling agents, binding agents, flowing agents, and disintegration agents in the form of tablets. Filling agents are used to ensure that each tablet is the same size. The chemical that binds the tablet together is called a binding agent. Binding agents can include sticky botanicals like slippery elm and acacia gum. Flowing agents are used to assist the herbs in moving smoothly through the various manufacturing procedures. Flowing agents, such as magnesium stearate, are frequently used. Most people are unaffected by magnesium stearate, although some people appear to be sensitive to it. Once in the digestive tract, disintegration agents cause the tablet to dissolve. Disintegration agents such as corn and potato starch are routinely utilized. The pill will disintegrate in the digestive tract after around 15 minutes due to cellulose ingredients. Some systems are sensitive to the pH of the stomach and, as a result, require sufficient stomach acid for degradation. Tablets are frequently covered with thin clear vegetable shellac, a colour-coded dye material, or a sugar coating due to its shape, fragrance, and flavour. High-speed machinery is used to make tablets. They're not practical to create at home, but you can manufacture them by mixing herbal powders in the same way you'd make a bolus and roll them into small round balls. Allow the balls to cure for a few days on a flat surface so that they stiffen slightly. These herbal pills are similar to tablets in that they can be taken whole. They will keep for a few weeks in an airtight container if allowed to completely dry.

EXTRACTIONS: AN OVERVIEW

CALCULATIONS, TERMS, EQUIPMENT, AND SOLVENTS

The basic concepts connected with extracting herbs, the equipment you'll need, how to choose which solvent to use, and how to measure potency are all covered in this book.

TERMS OF EXTRACTION

Herbalism has its distinct dialect. It's the jargon of our trade, and like many jargon-heavy professions, it evokes a sense of nostalgia and admiration for herbalism's long history. Many of the phrases we use in herbal medicine production date back to antiquity and are part of a rich tradition that teaches us how to transform raw plant material into efficient herbal medicines. Here are some key terms to be aware of.

Garbling is the removal of stems, sick plant parts, and critters from newly harvested plant material. This raises the standard of the drug being produced. Try it alone, with some soothing music playing in the background, and you might discover that magical Zen-like condition that makes everything better.

Menstruum, often known as a solvent, is an alchemical term for a material that dissolves or suspends a solid. The

solvent is the term used in modern science. Although many herbalists limit the name “menstruum” to alcohol extractions, any solution used to extract the herbs, including water, alcohol, glycerin, vinegar, and simple syrups, is technically a menstruum. The volume of a menstrual period is measured in fluid volume. It’s a personal choice to utilize metric units (litres, millilitres), fluid ounces, or the more common US measurements (cups, pints, quarts). Make a decision and stick to it.

Marc is your preparation’s solid matter (plant material). For extraction, the marc is combined with the menstruum. The plant material that remains after the extraction procedure is referred to as the exhausted marc. Marc gets weighed to determine his size. You can use either metric or US measurements for the marc; just make sure you use the same measuring system for the menstruum.

The capacity of the menstruum to extract various elements from a plant into a liquid form is known as solubility. Many factors influence solubility, including the substance’s polarity (electrical charge), pH, temperature, and other elements or compounds in the plant. Solubility is difficult to ascertain, but herbalists can use their collective expertise and some research to figure out which solvents are appropriate for which plants.

Maceration is a method for creating tinctures. Macerating herbs entails soaking the marc in the menstruum for a specific amount of time, depending on the method. The menstruum becomes saturated with components from the marc after maceration.

The maceration container is a leak-proof container that is used in the maceration process. It is normally made of glass but can also be made of stainless steel. Home medicine makers frequently use glass canning jars. They’re available in various sizes (half-pints, pints, quarts, and even half gallons) and are reasonably priced. To protect your extract from reacting with the metal in the lid, add a single layer of parchment paper between the lid and the jar using mason jars. Metal corrosion can be caused by various solvents, which will have a bad effect on your extract.

Succussion is an archaic term that means “to shake.” To achieve complete contact between the marc and the menstruum, maceration extracts are succussed. Succussion is an important aspect of the dry herb maceration process. Particles that have clumped at the bottom of the container are moved back into touch with the menstruum by agitation. Fresh herb macerations usually don’t require succussion since the high-proof alcohol used in fresh plant preparations dehydrates the plant cells, drawing all of the components out and into solution.

Decanting is the technique of transferring menstrual fluid from one container to another without disturbing the sediment at the bottom of the container, usually using a filtering cloth or paper.

When solid particles in a tincture or extract fall out of solution, this is called precipitation. This happens when a tincture isn’t properly filtered or when the extract is exposed to light or extreme temperature changes. Most tinctures will precipitate as they age, but it shouldn’t happen for a long time if you create the tincture or extract it properly. Decant the tincture into a clean container to remove any mild precipitation. If you see a lot of precipitation combined with a change in colour or taste, it’s time to throw out the tincture and start over.

THE EXHAUSTIVE COMPANION TO HERBAL MEDICINE & HERBAL REMEDIES

INTRODUCTION

Herbal therapy has been practised for thousands of years, and its history predates that of today's pharmaceuticals. It's an important part of alternative medicine, and it can help prevent and treat a variety of disorders. Nature's pharmacy is vast, brimming with herbs with potent medicinal capabilities. Everyone may use herbs to relieve pain and promote healing with the right direction and information. Growing up in the Montana mountains, I would hear stories about how Native Americans used natural remedies derived from wild plants that grew right outside our family's door to heal all kinds of disorders. But it wasn't until I was an adult that I started experimenting with teas other than peppermint and chamomile. Today, in my garden and the hardwood forest behind my house, I enjoy producing a profusion of fragrant herbs. Walking in the woods and along riverbanks, spotting medicinal plants and marvelling at their beauty and efficacy while inhaling their fragrances, brings me immense joy. When I'm not feeling well, I can usually take care of myself by harvesting and preparing plants.

Plant components in their new, natural state are used in several herbal medicines. Others require store-bought extracts, while others require compounds manufactured in the comfort of your own home. I've easily taken responsibility for my health and treat small problems before they progress and require medical intervention by doing some research, verifying that a specific herb is right and safe for me, and following any related precautions. You can now do the same. While medicinal herbs were historically difficult to get by, they are now readily available in well-stocked pharmacies and even on the shelves of big-box supermarkets. Whole herbs, tinctures, teas, ointments, and other goods are readily available in health food stores, making it simple to avoid drugs. It might surprise you to hear that several conventional medications have their origins in herbal therapy. Willow bark is used to make aspirin, whereas opium poppies are used to make morphine. Quinine, a critical medicine for malaria treatment, originates from the cinchona tree's bark, and digoxin, a powerful chemical used in cardiac problems, comes from the lovely but toxic foxglove.

Many other medications are either from plants or are made from substances identical to those found in nature. Despite this, conventional medicine prefers synthetic medications due to their uniformity, purity, and ease of use. Prescription medications, understandably, have a sought position. The purpose of this book is not to minimize their significance. It's also vital to remember that in the United States, herbs are classified as dietary supplements and are regulated as such when marketed commercially. As a result, if you decide to treat a condition naturally, you won't need a prescription to use a herbal poultice, apply a simple cream or oil, or take a tincture or tea, as you would with a synthetic treatment. While herbs are potent, they rarely have the long-term adverse effects that medications do. They don't slow down the body's natural healing process; rather, they help us recover faster, especially when combined with rest. Many herbs also help improve the immune system, making it easier for the body to fight viruses and diseases using its natural defences. It would take an enormous amount of time and effort to catalogue all of the world's medicinal plants, and even then, it would be practically impossible to cover all of the benefits that each plant has to offer. While many fantastic and comprehensive publications cover hundreds of herbs, deciding what to use can be challenging, especially with many alternatives. This is a unique book. You'll find a guide on using some of the world's most common and efficient medicinal herbs on these pages. They're all readily available online or at your local health food store. It's also very likely that some of them may grow within a short distance of your front door. Some of these can even be hiding in your spice cabinet! You'll find this book valuable whether you're new to herbal medicine or have already begun to experience the healing power of plants.

Many individuals are looking for alternatives to standard doctor's care as prescription costs skyrocket and evermore drug-resistant bugs and germs raise their wretched little heads. But which herbs and plants are safe to use, and how can you distinguish between treatments and urban legends? The solution can be found in this book. Learn how to treat common ailments like diarrhea, headaches, and eczema by strolling along the garden path. Simple flowers that most of us have growing in our back yards can help you improve your sex life. With these delectable dishes, you can

quickly combat pests and bacteria. Each component was picked for its therapeutic powers as well as its potential for superb flavor. Even the few gruesome surprises come with warnings! In just a few pages, you'll go from being a curious amateur to a confident healer. It is easy to use and is divided into three components. First, take a deep breath and congratulate yourself on the health benefits of the fruits and vegetables in your fruit bowl and refrigerator. Following that, you'll learn how to produce syrups, macerations, and tinctures. Discover how to apply salves and poultices with the instruments in the healer's box. Finally, include preventative medicine and therapies into delectable dishes. From Auntie Violet's Sleepy Syrup for sleeplessness to Baked Papaya and Ginger Soothing Hug to ward off colds and sneezes, wind your way through strange and wonderful dishes. So, if you're ready to feel better, look better, and even avoid aches and pains.

While the twenty-first century may appear to usher in a new era of natural healing, we can trace folk medicine back through history. In many ways, we're merely reverting to "old ways." We can find evidence of the use of plant extracts dating back to the ancient Egyptians. Small tears of frankincense and myrrh have been discovered in tomb excavations in the Valley of the Kings. According to the Bible, the magi have brought the same valuable treasures to a baby in a manger many years later. Frankincense was more valuable than gold, and myrrh, of course, was used to embalm monarchs. At no other time in history have there been more symbolic presents given at birth.

In the 3rd century BC, the Egyptians began to experiment with the use of plant essences. These perfumes, herbs, and spices would become some of the most prized commodities in international trade. Camels dragged huge caravans of fragrant and delectable seasonings through the deserts, not only for cooking but also for healing and prayer. Their cargo was coveted and treasured. They figured out how plants detached themselves from their essences and experimented with several techniques to make the miracle happen. Rose petals were scattered over the Nile's waterways during Cleopatra's reign (about 40 years before the birth of Christ) in preparation for the queen's procession down the river. Her people were in a delightful rapture of her beauty as the oils evaporated, leaving a strong scent. Her beauty, according to legend, had never been seen before elsewhere in the globe. One has to ask how much of her fame was due to the enchantment of her blossoms' essences. Spikenard and Galbanum are oils that are less well-known now, but they are mentioned numerous times in the Bible, demonstrating how important and highly regarded they were at the time. They are utilized to demonstrate the splendor of Solomon's temple.

Pliny the Elder, a famous and well-liked naturalist, authored *Naturalis Historica* in 77 AD. Many encyclopedias have used botanical references from this magazine as a result. Throughout the work, he references the medicinal properties of several plants that we are familiar with today. He extols the virtues of various plants, including dock, nettles, and rosehips, to mention a few. He was an incredibly prolific author, but *Naturalis Historica* is the only one of his works to have survived the eruption of Mount Vesuvius.

It's incredible to consider the old world's clarity of plant medicinal knowledge. We can find in Roman documents that even back then, they established a very precise grasp of healing. Galen was the most well-known of their doctors (AD 129-200). He was a medical visionary who was decades ahead of his time. Contemporaries chastised him for refusing to recognize that symptoms could be explained by mysticism or divination. "We must wait and observe," he was quoted as saying. This appears to us to be self-evident today. The path to diagnosis and prognosis is familiar to us, but it was not to the physicians of his time. This understanding of how a disease can evolve, morph, and change was revolutionary. In many ways, Galen's work laid the groundwork for Hippocrates' work, but his most significant contribution was to study the circulatory system. He was the first to notice the color difference between the darker venous blood and the lighter arterial blood. He was an outstanding surgeon, and some of his beliefs about eye and brain surgeries are still valid and in use today. He utilized plants as salves to treat wounds regularly. Galen is credited with creating Cold Cream.

Hippocrates is often regarded as the founder of medicine. He continued the task that Galen had started. He taught us that illness is the result of something going wrong inside the body. We also obtain the Hippocratic Oath from him. He cites a large number of flora in his writings. The texts were later translated into Arabic and are currently housed in Alexandria's modern library.

Plant research and their properties sparked a lot of interest in Arab countries at this time. A physician named Abu Ali Ibn Sina (980-1037 AD) made the most significant contribution. In other publications, he is referred to as Avicenna. He spends a lot of time writing about his experiences experimenting with plants for beauty and tonics. We don't know if he invented distillation, but he does have a lot of stills in his art. Rose oil was most likely the first to be employed, and it may have been discovered by chance during previous alchemical endeavors.

We have relatively little documentation from the Dark Ages, as one might expect. Plants were being carried from continent to continent by the 12th century, as the Crusaders bought back riches from their travels. Aromatic gums and resins had never been seen in Europe before, with their parent trees only swinging in the warm breezes of far warmer climates. As Europeans began to employ herbal waters and oils, new blends emerged from this group of newcomers.

Even though apothecaries marketed essential oils in the 15th century, most large households still had room to make the most of their gardens' plants. Many herbals were created, the most famous of which was authored in 1653 by English botanist Nicholas Culpepper, who is still remembered today.

Now let's fast forward to the 17th and 18th centuries. With so-called logical thinking, what we now refer to as "The Age Of Reason" was beginning to take root. The term "plant medicine" was pushed back to make room for a whole new world of chemical compounds. Meanwhile, one German physician persisted, and Friedrich Hoffman contributed most of what we currently know about plant medicine throughout his lifetime. Scientists took a major leap forward in healing throughout the 18th and 19th centuries when they discovered that plants had active compounds that might be used in medications. Quinine, digitalis, and morphine, for example, were all developed. All of which are still in use today. They took out the active substance from the plant and only used the parts that appeared to cause the desired response in the body. You'll understand why this particular time is so crucial in holistic medicine later on.

Slowly but steadily, healing knowledge evolved during the twentieth century. For example, Dr. Jean Valnet and Marguerite Maury refused to be silenced by the medical establishment and continued praising and researching plants' power. When drug exploration spilled over into the hallucinogenic characteristics of plants in the 1960s, the healing arts took a radical turn. The esoteric movement began to make links between mind, body, and spirit and how they may be related to well-being. Every day, holistic medicine becomes more complex and, as a result, more tightly controlled. Today, we not only rely on the physical effects of essences, herbals, and plants, but we also combine them with a variety of additional methods to promote recovery. A skilled therapist will take a holistic approach to their patient. As a full person, that is. We recognize the significance of proper spinal alignment in maintaining excellent health. We evaluate dietary requirements and vitamin therapy. Acupressure, Chinese medicine, and reflexology can boost the body's cleansing effects from essential oils.

Most importantly, we use counseling and meditation strategies to address emotions. Essential oils and herbal treatments were on the shelves of every pharmacy and even supermarket before the turn of the century, but changes in UK business legislation in 2010 meant that many of them were withdrawn. Other countries swiftly followed in the footsteps of the United States. Complementary medicines can currently only be sold by qualified specialists due to restrictions and labeling legislation.

In some sense, this history also only covers what we know about the "civilized" world from recorded sources. Of course, this is hubris on the part of the West, given it is believed that over half of the world's population relies solely on plant medicine. Their understanding of healing through the Earth's (and by extension, the ocean's, soils, and gemstones) resources is much beyond anything we know here. We may have known it in the past, but it has now been forgotten. Plant medicine, like every other evolution, has its own set of obstacles and potential. Antibiotics, particularly penicillin, have saved and will continue to save countless thousands of lives. Surprisingly, just as we accept that superbugs evolve and gain resistance to treatments prescribed by doctors, so does nature's medicine adapt. Plant attributes adapt to the therapeutic needs of our Earth by changing their structure. Three years ago, the spice star anise provided the remedy to end the Tamiflu outbreak. What happens, though, when an active ingredient is discovered that has the potential to remedy a major global issue, but resources are scarce? This is now taking place; experts believe that a certain form of coral found on the Great Barrier Reef may hold the secret to pancreatic cancer treatment. Yet, how could there be enough of such a valuable element to go around? This is exactly what happened to the poor Chinese takeaways during the Swine Flu outbreak when there was no star anise for almost three months since every resource was being spent to attempt to stop the devastating virus. We all know what happens when supply and demand are out of balance: extinction. In the past, collecting aphrodisiacs, hallucinogens, or medicinal remedies were often foolish at best and cruel at worst. Running out of star anise isn't that bad; it's a rapid grower.

Compared to the sandalwood tree, which has been driven to extinction in India due to excessive deforestation (not only for medicine but also for its beautiful wood for furnishings). A Sandalwood Tree takes 60 years to mature into

a useful resource. That is a significant issue. We have a huge deal of responsibility. We are being given a second chance to find these inherent gifts, but this time with the understanding of the potential for harm. Those who are aware of the Earth's power to supply must safeguard this resource for future generations. I want to think that, just as I hope to be able to impart the medicine to you, you'll want to take up a tiny section of your garden, or even some pots on your windowsill, and cultivate some of your own medicine. After all, we should always replenish what we take. This book will only scratch the surface of employing "ancient ways" to heal. Still, it will hopefully be a small start toward closing the gap between the availability of these excellent natural medicines and the knowledge required to utilize them fully. These therapies are no longer considered quackery medicine. You are the first in a long line of new healers to come.

CHAPTER ONE

FORMS OF TODAY'S HEALING MEDICINES

Legend has it that ancient apothecaries and healers were odd older adults who lived in the woods; witches and warlocks lived deep in the darkness and were only summoned when magic was required. We can only speculate on how true this is. We know that these healers included midwives, doctors, and, in some circumstances, funeral directors. The woods, of course, are a fantastic area to forage and cultivate all sorts of unique (and possibly slightly questionable) plants; nevertheless, the woodlands are unlikely for some. Today's healers, on the other hand, can be found almost anywhere. They can be found in high-rise apartments, boardrooms, and, most importantly, out in the world, doing their thing! Here are a few of their working tools.

It's easy to reach for an over-the-counter remedy when you've got a cold, but these can have negative side effects. Worse, many of us may be unwittingly overmedicating ourselves and our children, assuming that if a tiny quantity of a drug is effective, then more is even better. Herbal therapy offers an alternative to over-the-counter medications by treating and mending common illnesses without synthetic components. Whether you have insomnia, have a child with itchy chickenpox, or are dealing with unexpected sickness, plant-based therapies are sure to help.

Aromatherapy and essential oils

Aromatherapy has to be one of the fastest-growing industries in the twenty-first century. Plant essences are now widely available, and most of us are at least aware of the calming effects of lavender and possibly the antibacterial properties of tea trees. But, if you were curious to delve deeper inside these sweet-smelling bottles, what might you discover? Have you heard the expression, "If I could bottle that goodness, I'd be a millionaire"? So, welcome to the world of essential oils! The plant's healing properties are captured in a method that may be applied to the human body.

What is the mechanism of action of aromatherapy? Our skin is porous, which is why if we stay in the bath for too long, we turn into prunes. The oils' molecules are tiny enough to penetrate the skin and into the bloodstream. Osmosis is a procedure that takes about 20 minutes to complete. They can flush to the internal organs that require physical treatment once they are in the circulatory system. Hormones are virtually entirely responsible for the functioning of our bodies. They control how well our organs function. The hypothalamus, a brain organ, is responsible for the majority of hormone level regulation. Its stem, which extends from the base of the brain to the spinal cord, controls how our emotions influence our organs. (Imagine having diarrhea while you're nervous.) Essential oils are highly effective at instructing the hypothalamus to raise or lower hormone levels to improve organ function. Aromatherapy, for the most part, tries to get the oils via the skin. Massage, creams and lotions, and placing oils in the bath are all common means of application. Essential oil molecules evaporate into the atmosphere when heated. They move through the olfactory system and into the brain as they travel up the nose. They activate the Limbic System, which is in charge of learning, spatial awareness, memory, and, most importantly, emotions. This is another benefit of using essential oils in the bath, but they may also be used in evaporators and diffusers. The oils are made up of various components, including alcohols, acids, terpenes, etc. By analyzing an oil's composition, scientists can figure out how it could be able to cure. One component, known as a sesquiterpene, has been discovered as one of the few molecules capable of crossing the blood-brain barrier. This suggests that plant essences could herald a new era in treating diseases like Parkinson's and Lupus. Because essential oils are so concentrated, they must be diluted before being used in a carrier. This is frequently a vegetable oil like sunflower, olive, rosehip, or coconut. Each has its characteristics that can help a blend develop even more, but it's safe and cost-effective to start with what you have on hand. The one caution I would issue here is that many are made from nuts and fruit kernels, so use caution if you have a nut allergy.

Dilutions

When it comes to aromatherapy, remember that less is more. Oils are costly and incredibly powerful. Using an excessively strong blend is pointless because the body excretes any excess as waste. Use only one or two drops of oil at a time as a general rule of thumb. However, feel free to experiment with various oils. At the absolute least, use one drop of oil to 25 drops of the carrier.

Herbals

Herbals can be found in your local natural health store or on the internet. Many nations' drugs control act legislation prohibits manufacturers from disclosing the therapeutic characteristics of these tablets on their packaging; therefore, it's worth looking at good websites like Mountainroseherbs.com to figure out which ones can help you the most. Evening Primrose Oil for Premenstrual Tension, Borage (or Starflower) for menopausal symptoms, and even Ginko Biloba for a little more between-the-sheets activity are some of the more well-known ones. Herbals have an advantage over aromatherapy in that the dosage is indicated on the container, and they come in tablet form, which makes them easy to consume.

Seaweeds

These are, in effect, herbals as well, but they are so rich in nutrients and healing powers that they deserve their paragraph. Iodine is essential for regular thyroid function, and seaweed is the finest natural supply. Iodine is not readily available in conventional vegetable diets because no land-grown plants require it. Seaweed is a tremendous weapon to have at your disposal because the thyroid affects everything from our temperature and weight to our metabolism. Kelp, for instance, is a good source of iron and zinc, which means thick, lustrous locks and higher bug and germ resistance. Seaweed not only detoxifies profoundly but also protects against cellulite. Flushing toxins out of the body means you may say goodbye to that dreadful orange peel-like skin on your thighs in no time.

Clays

Seaweed is a gift from the sea, and the land contains tremendous healing abilities hidden in its soils (along with jewels, but that's a different subject!). While ingesting soil is not recommended, clays applied to the skin can pull out impurities and moisturize the skin.

Vitamins and Minerals

Vitamin therapy is a book in its own right (well, an entire library of books, in truth), but a quick overview will help you to see deeper into the alchemy of nature and how it has developed to feed, heal and nurture our bodies.

Vitamin A: Important for maintaining healthy skin, vitamin A also supports a normal respiratory tract, prevents coughs and colds, etc.

Vitamin B: This vitamin breaks down into many, many subsections, but on the whole, it metabolizes fats, prevents depression, aids concentration, and helps the body extract energy from its food.

Vitamin C: This aids tissue repair and wound healing and is important for the immune system.

Vitamin D: Important to bones and skin, this vitamin does not come from food. This is only manufactured by our skin when it is exposed to sunlight. Many of us no longer produce enough vitamin D since we're covering up our skin and spending a far smaller portion of our time out in the fresh air.

Vitamin E: A powerful antioxidant, vitamin E supports nerves and bones. It also guards against cardiovascular disease.

Calcium: Important to bones and teeth, calcium plays a major part in blood clotting, regulating heartbeat, and healthy skin.

Copper: This is a trace element, but we cannot absorb iron from our food without it. It helps to form connective tissue, such as nerves and tendons, and ensures good bone growth.

Iron: Boosting energy levels, iron is essential for transporting oxygen to every cell in the body.

Magnesium: Important for healthy bones and teeth and also muscle contraction, magnesium also regulates the heartbeat.

Phosphorous: This is essential to release the energy from proteins into the bodily cells.

Potassium: Regulating bodily fluids, potassium ensures correct functioning of the nerve impulses and maintains

blood pressure.

Sodium: Controlling the electrolytes in the blood, sodium is essential for nerve and muscle function.

Sulfur: Sulfur is an antifungal and antibacterial agent often used in creams to treat eczema and acne. It exists in every cell of our bodies.

Zinc: This looks after the reproductive system, fertility in particular. It regulates our sense of taste and also helps wounds to heal.

Natural Medicine in the Kitchen

How to make tinctures

Tinctures are a popular method of taking herbal medication since they have a long shelf life and are small enough to fit in your pocket. If you need to take your medicine frequently, tinctures are ideal because they keep the plant matter in alcohol. Vodka is normally the liquor of choice, but you may use whatever you like as long as it's tasteless and over 80 percent proof. Find a lidded glass or ceramic container. The metal reacts with the alcohol and modifies the qualities of the blend, therefore avoid it. Depending on whether the herbs are dried or fresh, the ratio of herbs to alcohol varies. Use as follows:

- Add enough fresh chopped herbs to fill the glass container. Cover with alcohol

OR

- Add 4 ounces (113g) of powdered herb with 1 pint (473ml) of alcohol (or vinegar/glycerine)

OR

- Add 7 ounces (198g) of dried herb material to 35 fluid ounces (1 liter) of alcohol (or vinegar/glycerine).

1. Stir herbs and alcohol with a blunt knife ensuring all air pockets are dispersed.

2. Seal the lid well and place it in a dark, cool place for two weeks, shaking regularly.

3. When the time has elapsed, take a piece of muslin or a tea towel to catch all the plant matter and allow the liquid to seep through into a bowl below. Squeeze gently.

4. Decant the tincture into a small dark glass bottle and seal well. Label clearly and keep out reach of children.

Kept properly, a tincture has a shelf life of around five years.

How to make infusions

Infusions are herbal treatments consumed like a cup of tea. 2 tablespoons of plant matter are placed in a jar, covered with boiling water, and steeped for 4-6 hours with the lid on.

Decoctions: How to Make Them

Unlike infusions, decoctions use intense boiling to extract qualities from more abrasive substances like woods and spices. Use a heavy pan with 1 cup of water and two tablespoons of plant materials. Bring to a boil, then reduce to low heat for about 20 minutes. Before using, decant and allow to cool to room temperature.

How to make macerations

I discussed carrier oils as a way to dilute essential oils before. There are a lot of macerations here. This is a great technique to catch the essence of the plants and make your healing oils in the summer. Fill a bottle or jar halfway with vegetable oil, and any vegetable oil will suffice. Fill it halfway with plant stuff, flowers, herbs, or spices, and ensure they're all saturated in oil. Allow it to sit on a sunny windowsill for a month. The vegetable oil absorbs the plant's essential oils, resulting in a magnificent magical oil. Rose petals for skincare, lemon balm for massage oils to assist cognition in people living with dementia, and lavender oil to relax are all inexpensive remedies.

What is a poultice, and how do you make one?

A compress is a modern term for a poultice. It is used to apply herbs or oils to the skin to draw out toxins and poisons or allow the herbs to sit atop a wound to speed up healing. Warm (to open the pores) or cold (to close the pores) poultices can be used (to shut them down again). Toxins are drawn to the surface by alternating warm and cold, opening and closing the pores frequently. This is helpful in cases of abscesses or even unsightly blemishes.

Place a towel over the wound after soaking it in water and adding the herbs. It can aid in keeping the herbs in place. Before soaking, add three drops of essential oils to the water. Try to use severe temperatures that are still pleasant, such as the hottest or coldest temperatures you can stand. To avoid scorching, always check the temperature of the water.

How to make inhalants

This is your miracle cure for days when you have a cold and can't speak because you're so stuffed up. Boil water in a big mixing basin. Allow the herbs or oils to release their vapor into the steam. To trap the steam, place your face in the steam (not too close to scalding) and cover your head and the sides of the bowl with a thick bath towel. You will begin to sweat and discharge the toxins in your skin very soon. The vapors cut through the mucus that has accumulated in the sinuses. One word of caution: bring tissues and expect your nose to run! Inhalants are also an important aspect of skincare because they allow the skin to be cleansed significantly more thoroughly than any other approach. It's enough to inhale for 5–10 minutes and always use a moisturizer afterward to recover the hydration you've lost.

How to make syrups

Children often find tinctures and decoctions distasteful. The answer is syrup, which is sweet and comforting. Because the proportions of the ingredients vary so much, I'll list them separately in the cures section, but the preparation is the same in each case.

1. Warm the fruit or herb until all its juices have been released into the water.
2. Gently add the sugar, bring to a boil and simmer for 10-15 minutes.
3. To test consistency, drip a droplet of the syrup into a glass of cold water. If it splits into pieces, boil a little longer.

If the drop remains intact, the syrup is ready to bottle into a sterilized container.

How to sterilize jars and bottles

For herbal remedies, only use glass containers. Rinse well with warm soapy water. Do not dry with a towel. Place face down on the rack shelves of a preheated oven at 150°F/65°C and bake for 20 minutes. Boil the lids for 5 minutes in the meantime. To avoid cracking, always heat your bottles to the same temperature as your beverage.

Safety Information and Warnings

Because natural medicine has no side effects, it is typically thought to be safer than orthodox treatment. This is significantly more challenging because plants have various main effects (they may be useful for coughs and colds, but they may also be laxative), so not all plants make effective medications for everyone. In some groups, the ways they promote hormones in the systems to change can have negative consequences. The main people to have concerns are:

1. People with Diabetes
2. Epilepsy patients
3. Pregnant women
4. Breastfeeding women
5. Suffers from rheumatism, arthritis, and gout.

Diabetes

Except for angelica, most plants are acceptable for people with diabetes to consume. Dill and fennel are two plants that assist the pancreas in performing more effectively, making them beneficial to sufferers.

Epilepsy

Some plants contain neurotoxic chemical elements, making them dangerous to people living with epilepsy and schizophrenia. Rosemary, fennel, sage, eucalyptus, hyssop, camphor, and spike lavender are all plants to avoid

(*Lavendula latifolia*)

Expectant women

Plant medicine can be harmful to a pregnant woman for a variety of reasons. Most herbs and spices and fruits and vegetables are safe to eat (except for pennyroyal mint and sage). Still, herbals and essential oils should be avoided for the first 16 weeks. Then Angelica, Black Pepper, Clove, Cypress, Eucalyptus, Ginger, Helichrysum, Marjoram, Myrrh, Nutmeg, Oregano, Peppermint, Roman Chamomile, Basil, Cassia, Cinnamon Bark, Clary Strong herbs and spices can be detected in breast milk and may cause the infant to refuse to feed. Artichokes, in particular, are a challenge. Meanwhile, carrot seed oil promotes milk flow, geranium relieves engorged breasts, and marigold heals cracked nipples; all other oils should be used with caution. If your infant suddenly stops eating, give it a day and see what happens.

Rheumatism, arthritis, gout, and cystitis are all examples of rheumatism.

This group of people should avoid foods containing Arginine, a compound found in asparagus and spinach. The use of juniper essential oil in their treatments may be a more successful treatment.

Medicine From the Gardens

From the Veggie Patch

Beetroot

Rich in: Magnesium, manganese, potassium, and zinc, as well as vitamins A, B, and C. Beetroot also contains an enzyme called Betaine, which helps digestion by regulating gastric fluids. The leaves can also be cooked, and they're great in soups. They're also a liver tonic.

Artichoke

Rich in: A, B, and C vitamins Copper, folic acid, fluoride, manganese, and potassium Both the kidneys and the liver benefit from artichokes. They cleanse and nourish both organs, as well as assist fat absorption in the body. It aids in the reduction of cholesterol levels.

Asparagus

Rich in: Vitamins A, B, and C, Folic Acid, Copper, Fluoride, Manganese, Potassium, and Asparagine are all important nutrients. Asparagus is a diuretic and low-calorie vegetable. It promotes gut health by reducing bacterial activity. Breastfeeding women will benefit from it because it encourages milk production. Gout, rheumatism, arthritis, and cystitis are all aggravated by the active component asparagine.

Broccoli

Rich in: Vitamins A, C, Folic Acid, E, Calcium, Iron, and Zinc are all important. Broccoli, like cauliflower, is thought to be an anti-cancer food. It also helps to decrease blood pressure.

Cabbage

Rich in: A, B, C, K, E, potassium, sulfur, and copper are the elements A, B, C, K, E, and potassium, sulfur, and copper. Cabbage water is recommended as a treatment to help with gut inflammation and can also help with stomach ulcers. When used externally, cabbage leaves can help with eczema and burns. They help with rheumatism, arthritis, and gout and reduce swelling from strains and sprains.

Carrots

Rich in: Vitamin A, folic acid, and iron+ are all important nutrients. Carrots are mostly used for cosmetic purposes, such as washing and nourishing the skin. Eczema and dermatitis are also improved. They are also excellent digestive aides and do, in fact, aid in visual improvement.

Celery

Rich in: Vitamins A, B, C, Calcium, Magnesium, Manganese, Potassium Celery alleviates digestive problems and stimulates appetite. Relieving the buildup of uric acid in the body reduces the pain of rheumatism and arthritis. It breaks down kidney and bladder stones.

Courgette (Zucchini)

Rich in: Magnesium, phosphorous, potassium, and zinc are all vitamins A, B, and C. Courgettes are a moderate vegetable suggested for people with diabetes. They have a slight laxative effect and help to alleviate kidney and bladder irritation. They're also sedative; therefore, they're recommended as part of an insomnia treatment plan.

Cucumber

Rich in: A, B, and C vitamins, Sulphur, Iodine, and Manganese Cucumbers are high in water and are therefore excellent diuretics. They help dissolve uric acid and are anti-inflammatory (remember, they're on your eyes?). They protect and moisturize the skin.

Dandelion

Rich in: Vitamins A, B, C, Folic acid, calcium, iron, manganese, potassium, and silica, as well as calcium, iron, manganese, potassium, and silica. As previously said, dandelions are widely used and well known for their diuretic and detoxifying effects. Patients with impaired liver function, gallbladder difficulties, or kidney stones should eat the greens in salads.

Lettuce

Rich in: A, C, D, Folic Acid, E, and Iron are all vitamins. This is a very old form of medicine. To encourage hunger, lettuce was offered at the start of a meal in the Middle Ages. It has a component called lactucarium, which is a strong sedative. Lettuce is a great complement to a late-night snack and is also used to alleviate insomnia. The lettuce seeds are typically disregarded, but when prepared into a decoction, they can treat asthma, bronchitis, spasmodic coughs, and sleeplessness. Externally, this liquid can be used to treat conjunctivitis and acne.

Nettle

Rich in: Nettles are high in vitamins A, C, Carotene, Calcium, Iron, Magnesium, Potassium, Silica, and Sulphur and can be used in various recipes. Young leaves are delicious and help to remove uric acid from the body. They boost appetite and are excellent for helping sick youngsters recover. They are anti-infectious. Even better, they minimize bleeding, which helps with menstruation difficulties, among other things.

Peppers

Rich in: A and C vitamins Peppers are good for the heart and help with diarrhea, indigestion, and gas.

Potatoes

Very alkaline, potatoes help to balance the acidity of psoriasis.

Pumpkin

Rich in: Folic acid, antioxidants, and carotene Pumpkins are a superfood for people living with diabetes. They cleanse the bladder and kidneys of cystitis. Soaked in milk, their seeds aid insomnia. Soothe the flesh onto abscesses and wounds and reduce inflammation. Roasted seeds are a source of magnesium, phosphorous, zinc, and potassium.

Spinach

Rich in: Vitamin C, Folic Acid, Iron, Zinc, Rich in antioxidants, spinach stimulates pancreatic function. It is a powerful tonic and should be used to fight constipation. Overuse of spinach should be avoided as it can affect calcium absorption, lead to gout problems, etc.

Tomato

Rich in: A, B, and C vitamins Antioxidants, folic acid Tomatoes help prevent intestinal irritation by lowering bacterial activity.

CHAPTER TWO

FROM THE FLOWER BEDS

Lavender: Lavender seeds provide a lovely calming and soothing effect. The essential oil can be used to treat burns.

Rose: Roses are gynecological flowers because they are high in estrogen. They help to alleviate the symptoms of PMS and menopause. They also make lovely skin foods; there is no better way to treat dry skin.

Geranium: It aids PMS, adolescence, and menopause by balancing hormones. It's a wonderful flower to help you forget about your concerns for the day.

Camomile: Relaxing and calming once more, especially for discomfort. Camomile is also anti-inflammatory and digestive.

Evening: In the summer, the beautiful yellow blossoms of this statuesque bush cheer your heart. Its flowers aid in hormone balance and the healing of even the most painful skin diseases.

Violets: The elegant violet has a relaxing effect on people, especially youngsters. It's great for calming sensitive skin, and it's also a strong sedative that can assist with sleeplessness.

Marigold: If possible, choose the calendula marigold strain, which is the gentlest yet most potent of all the skin healers.

Ladies Mantle: The delicate ladies' mantle has a way of brushing everything out of the path of the flower borders. How fitting, given that it is the most effective treatment for Premenstrual Syndrome. (I'm curious whether that's how it got its name.)

Comfrey: Knit bone was the name given to this bone by our forefathers. It quickly cures shattered bones and wounds.

FROM THE HERB GARDEN

Basil: Basil has digestive qualities that can aid with colic and abdominal pains. Its best qualities, however, are in terms of assisting the neurological system. Anxiety, sleeplessness, and mental weariness are all alleviated, and this should be your first choice for migraine relief.

Bay: This herb is ideal for getting rid of "that bloated feeling." Bay is a great aid, whether it's due to a poor diet or a regular monthly visit.

Borage: Borage is another great skin tonic for dry, scaly disorders like eczema and psoriasis. It's also great for soothing the "craziness" of menopause, which includes anything from hot flashes to mood swings. It's a great find for anyone who has blood problems or diabetes. It balances blood sugar, lowers blood pressure, and thins the blood naturally.

Coriander (Cilantro): Coriander is not only digestible but is also an antibiotic. To help you get rid of a cold, add it uncooked to soups, curries, and salads.

Marjoram: Marjoram is a potent central nervous system tonic. It can be used in tiny doses to help with anxiety and sleeplessness.

Mint: Mint, as you might expect, is digestive and can assist with nausea and vomiting. It relieves heart palpitations and helps to cleanse the mind. It has a cooling and refreshing effect. Bronchitis and asthma sufferers will benefit from the leaves' ability to clear their airways.

Oregano: This is a very strong antibiotic that helps to get rid of bugs and germs.

Parsley: Parsley is a versatile herb that can be used in a variety of ways. The leaves are best eaten raw, and they can aid with flatulence, appetite, and liver function. The leaves are massaged into the skin as part of a facial and are an excellent anti-aging agent.

Rosemary: It's a great digestive herb, but its main role is to help relieve nerve pain, whether it's from rheumatism,

sciatica, or neuralgia.

Tarragon: Tarragon is the perfect tonic since it is a general all-around stimulant. Use it towards the start of the winter to strengthen your immune system in preparation for the assault of colds and other nasties. It relieves muscle aches and pains as well as menstrual cramps.

Thyme: The numerous subspecies of thyme are extremely diverse. Unlike mints, which have different characteristics depending on the species, thyme has essentially similar usage throughout the family. Intestinal worms and parasites are eliminated, circulation is improved, and bronchitis and coughs are reduced.

Lemon Balm: Melissa, a lovely fresh plant, is hypoallergenic. It aids in the reduction of seizures and fits. It is now also recommended in essential oil form to help epileptic patients with cognition. It lifts one's spirits; it's pure sunlight!

Dill: This plant is used in Gripe Water to help newborns with colic because it is an excellent digestive.

FROM THE ORCHARD

Apricot

Rich in: A, B, and C vitamins Manganese, magnesium, and iron are wonderful for anxiety because they are very calming to the nervous system. Why not pack a few into students' lunch boxes the week before exams? They're also great for exhaustion, and they're especially excellent for pregnant women. They're a blood tonic that can benefit people with anemia, as well as the elderly and those recovering from illness.

Blackberry

Rich in: A, B, and C vitamins Phosphorus, calcium, and iron If you have brambles that refuse to be tamed, like me, you'll be relieved to learn that they do have their purposes. Sore throats can be relieved with the leaves. The fruit's syrup decreases diarrhea and is an excellent tonic for sick youngsters.

Blackcurrant

Rich in: Vitamin C is a powerful antioxidant. I'm sure we all remember this drink from our teens. It aids in the remineralization of bones after breakages and fractures and speeds up recovery after illness.

Dates

Rich in: A, B, and D vitamins, Calcium, Magnesium, and Potassium are all essential minerals. Dates are helpful in the prevention of cancer in studies. They are a tonic for anemia and enhance circulation. Tuberculosis is treated with boiled and powdered stones (or pits) in North African traditional medicine. The fruit is also advised for respiratory difficulties in this country.

Figs

Rich in: Vitamins A, B, C, Folic Acid, Calcium, Copper, Iron, Potassium, and Zinc, as you are probably aware, cause constipation. They can also assist with bronchitis and sore throats.

Guava

Rich in: Sulphur, Vitamin C, and Potassium Guavas are excellent skin cleansers since they are very astringent. They're also beneficial for digestion, but unripe fruits might be dangerous to people who have digestive issues.

Lemon

Rich in: A, B, C, Potassium, Phosphorous, and Copper are the elements A, B, C, Potassium, Phosphorous, and Copper. Lemon, the herbalist's best friend, is high in vitamin C. It has astringent, cleaning, and antibacterial properties. Lemon is a gift to anyone with circulatory difficulties since it strengthens the arterial walls, allowing the blood to pump more vigorously.

Mandarin

Mandarin, like orange, is a tonic for the adrenal system, which becomes fatigued while under stress.

Mango

Rich in: A, B, and C vitamins Sulphur with Phosphorous The main effect of the mango is on contractions. Although it is beneficial during pregnancy and labor, it is most useful in treating ulcerative colitis and Irritable Bowel Syndrome.

Melon

Rich in: A, B, and C vitamins, Melon is a cooling and delicious fruit that is anti-inflammatory. Melon can be used to cure sunburn and minor burns (for more serious burns, try lavender). Melons are also diuretic and laxative due to their high juice content.

Orange

Rich in: B, C, copper, calcium, and phosphorus vitamins Stimulate the immune system, as well as the liver and appetite.

Papaya

Rich in: Vitamins A, B, C, and potassium. Reduces fever.

Plum

Rich in: Calcium, iron, magnesium. Laxative, but also reduce cholesterol in the blood.

Raspberry

Rich in: Vitamin A, B, C, iron, magnesium, and potassium are essential nutrients. Raspberries can aid in the reduction of frequent urination. In labor, a tea brewed from raspberry leaves can assist in enhancing contractions. Wait till after the 35th week of pregnancy to drink.

Healing Recipes

The following are some suggestions for incorporating the ingredients mentioned above into your everyday routine. There is only one hard and fast rule: plant medicine should never be used in place of medical counsel. There's a reason they go to school for so much longer than herbalists and aromatherapists; please continue to take your prescription medications and consult your doctor about the remedies in this book. Practitioners in many regions of the world are more open to natural medicine than you may expect. Aside from that one rule, feel free to explore, research, and develop your healing method. For some, the garden is sufficient, while others prefer to rely on extracts and even crystals. So, without further ado, let's get to work on making some medicine!

The Respiratory System

Recipes for Colds: Comforting Nettle Soup

Pick fresh young leaves from the top of the plant. Try to source them away from roads and polluted areas.

500g (18 oz) Potatoes

300g (10oz) Nettle leaves and stems

75ml (3 oz) Olive Oil

2 Tbs finely chopped parsley

Potatoes should be peeled and chopped. Cover with cold water, bring to a boil, and cook for 20 minutes or until the rice is tender. Cook for another 5- 8 minutes after adding the nettle tops. Salt & pepper to taste. In a food processor, liquidize the ingredients. Add the olive oil and mix well. Garnish with parsley and golden croutons, if desired.

Papaya Pick Me Up

Two ripe papayas

Two chopped bananas

Juice of 2 limes

Lime zest

3 tbsp of Greek yogurt

600ml (21 fl oz) apple juice

In a food processor, dice the papaya flesh and chop the bananas. Blend in the juices, zest, and yogurt until blended.

Lemon and Ginger Shoo Flu

1 cm Nub of fresh ginger, grated or finely chopped

1 Lemon

1 tbsp of honey 500 ml (18 fl oz) boiling water

In a heavy-bottomed pot, place the ginger. Place the lemon zest in the pan after grating it. Squeeze out as much juice as you can and add it to the mixture. Fill the pot halfway with boiling water. Bring to a boil again, then reduce to low heat for 8 minutes. Drink while it is still hot.

Recipes for Sore Throats

Feel Better Fig Infused Apple Juice

3 Figs – Finely chopped

25 g (1 oz) Camomile Flowers (or a camomile teabag)

250 ml (9 fl oz) Apple Juice

2 tsp honey

In a small saucepan, combine the figs, camomile, and honey. Add the apple juice and cook for 8 minutes on low heat. Allowing the water to boil is not a good idea. Warm-up your beverage.

Baked Papaya and Ginger Soothing Hug

Two papayas halved and seeded

60g (2 oz) unsalted butter

Five chunks of preserved stem ginger

Juice and zest of a lime

One tbs of the syrup from the ginger jar

Preheat oven to 180 Degrees Celcius / 350 Degrees Fahrenheit/ Gas Mark 4

Mash together the ginger, syrup, and lime.

Place the papayas in an ovenproof dish

Coat thoroughly with the ginger-lime mix

Bake in for 20 mins, turning regularly.

Serve with a drizzle of honey.

Giggle Again Guava Shake

When all else fails, numb your throat with this shake laden with Vitamin C and healing energies.

100g (4 oz) strawberries (quartered)

50 g (2 oz) guava

150g (6 oz) strawberry yogurt

One frozen banana

Five ice cubes

Whizz all of the ingredients together in the food processor. Drink cold.

Cheating Healer's Sore Throat Gargle

75 ml (3fl oz) Glass of warm water

½ Aspirin

Two drops of Tea Tree oil

One drop of Lavender oil

Add the essential oils after the aspirin has been dissolved in the water. Gargle the foul-tasting concoction to ease pain and kill bacteria with antibiotic oils. Do not take a swallow.

Booster Blackberry Syrup

1 kg (35 oz) Blackberries

1 kg (35 oz) Sugar

150 ml (5 fl oz) water

Toss in all of the ingredients and bring to a boil. Cook for 10 minutes on low heat. Fill a sterile bottle with the mixture. Refrigerate after carefully sealing the container.

Dosage: 1 tsp 150 ml water.

For extra-comfort-and-my-bed-please kind of days, add to warm water or, even better...warmed apple juice.

For Chest Infections, Bronchitis & Asthma

Purifying Parsley & Nettle Inhalation

100g (4 oz) parsley, dried or fresh, finely chopped

100g (4 oz) nettles

Boiling Water

The Skeleton and Skin

For Orthopaedic

Injury Comfrey Poultice

Six large comfrey leaves

50 ml (2 fl oz) water

100ml (4 oz) Gram Flour (plain flour will work just as well if you can't find gram)

Optional: To further improve the healing, add 100g (4 oz) of courgette (zucchini) and pumpkin flesh.

To make a pulp, mix the leaves (together with the courgette and pumpkin, if using) with water in a blender. To form a more controllable paste, add the flour. Apply to the wound with a smear of Vaseline on gauze. To prevent leaks, secure in place with a bandage and, if needed, cling film. Set the timer for 8 hours. Repeat as many times as needed. If covered and stored in the refrigerator, the leftover combination can last up to 3 days.

Recipes to Aid in Skin Healing

Summer Garden Skin Delight

On a warm summer morning, gather marigold, evening primrose, borage, and rose petals from the garden. Fill a container with the mixture. Cover with a thin layer of vegetable oil. Place on a windowsill for a month to infuse. This maceration can be used as a skin-healing oil.

Borage Tea

25 g Leaves and flowers

Place into a teapot and cover with boiling water.

Allow infusing for 5 minutes.

Drink warm to boost the body's skin healing abilities.

Borage Poultice for Troublesome Skin (Ideal for Eczema and Psoriasis)

50g (2 oz) Borage leaves and flowers finely chopped

1 Tbs of Summer Garden Skin Delight or Almond Oil

One Packet of dried Yeast

Very strong borage tea infusion left to steep for 25 minutes

Mix the ingredients and smear onto the skin. Leave on for 10 minutes. Rinse away, pat dry, and apply moisturizer.

Verrucae (Plantar's Warts)

The old ones advise applying dandelion juice to the affected area. Applying undiluted lemon and tea tree essential oils to the wart using cotton swabs is more effective. Lemon oil is irritating, so avoid getting it on untreated skin.

Athletes Foot

Apply a few drops of tea tree oil to the afflicted areas of your feet. To eliminate the fungal infection spores from any socks the victim has been wearing, add a few drops to the final rinse in the washing machine.

Hair Glosses

To make your hair gleam in the sunshine, use herbal infusions as your final hair rinse.

For dark hair

Five large sprigs of rosemary, lightly chopped

500 ml (18 fl oz) of boiling water

1 tsp cider vinegar

For lighter hair and redheads

25g (1 oz) Chamomile Flowers

Juice of half a lemon (Redheads may want to omit the lemon juice as it helps the sun lighten the hair's tone using a slightly bleaching effect.)

500 ml (18 fl oz) boiling water

1 tsp Cider Vinegar

Bring the mix to a boil and then simmer for 20 minutes.

Refrigerate for 30 minutes before using.

Use cold.

The Genito- Urinary System

Menstrual Pains and PMS

Ladies Mantle Secret Soak Pick lavender seeds, camomile, and ladies mantle

Cut out a circle of muslin 8 inches in diameter

Place the flowers into the middle.

Bunch the fabric around the flowers and fasten with a piece of ribbon.

Float the sachet in your warm bath, and allow the water to infuse with the healing essential oils.

Reuse for two days after then dispose of the sachet.

Premenstrual Promise

On a warm summer morning, gather rose petals, ladies' mantle, lavender seeds, jasmine blossoms, and camomile flowers from the garden. Make a maceration with the blossoms and soak them for a month. In difficult weeks, gently rub around the abdomen and lower back. Makes a delectable, wonderful massage oil as well.

Menopausal Symptoms

See Borage Tea

Make a maceration of Rose, Geranium, and Camomile Flowers. Massage over the uterus and lower back daily.

Cystitis (Bladder Infection)

Come on; Stop Laughing At Me, Pumpkin Detox!

Sadly, you will have to let someone witness "the crazy" with this one, as I have found it virtually impossible to apply yourself!

250 g (9 oz) Cooked Pumpkin pulp

50ml (2 fl oz) warm water

50g (2 oz) Gram Flour

4 drops tea tree oil

Cover your bed with a towel before you lie down.

Mix the ingredients to make a thick paste. Lie down and ask a friend to smear the mix over your lower back, in the region of the kidneys.

Lay a warm towel over you to keep warm and leave on for 20 minutes.

Rinse away with warm water.

The Digestive and Excretory System

Indigestion

Make an infusion from peppermint leaves and steep for 5 minutes.

Drink warm or cold.

Constipation

Eight fresh figs, quartered

100 ml (4 oz) boiling water

100 g (4 oz) sugar

Juice of 1 lemon

Optional: For extra drive and oomph, add 18 g (3/4 oz) Senna Pods

Follow the syrup-making procedures, but this time let the mixture simmer for 25 minutes. Before transferring the liquid to a sterile bottle, strain the contents. Take one teaspoon before bedtime to give your bowels plenty of time to process everything.

Just a Regular Breakfast

3 Figs

100g (4 oz) Ricotta Cheese

2tbs Greek Honey

Arrange the cheese and figs on a plate, drizzle with honey.

Diarrhea

Crème de Cassis or Blackcurrant Syrup

500g (18 oz) Blackcurrants

500g (18 oz) Sugar

Take a large jar and thinly layer fruit, sugar, fruit sugar up the jar.

Leave to rest in a dark place for six months

Strain into sterilized jars.

This syrup will keep indefinitely if stored out of light.

Take as and when desired. Dilute with water.

For an extra special treat, add to white wine for a bit of after-dinner luxury.

Ginger is an excellent remedy for any illness in which the body cannot cope with excessive wetness. As a result, make yourself a hot cup of Lemon and Ginger Shoo Flu.

Digestive Delight Vegetable Tincture

This tincture allows you to have the healing effects of the vegetables without the impact of all the fiber on the gut.

1 Raw Beetroot,

3 Carrot,

2 sticks Celery,

1 Red Pepper,

Three medium tomatoes

250ml (9 fl oz) Vodka

Process the vegetables in a food processor. Add to the alcohol. Follow How to make tinctures. Take 30 drops of 75 ml (2.5 oz.) water morning and evening.

Nausea

Enjoy an infusion of peppermint Tea

Or how about a taste of the orient with:

Ginger and Mandarin Infusion

1cm nub of ginger roughly chopped

300ml (10 fl oz) boiling water

Juice of a mandarin

1tsp honey

Bring the water to a boil, then throw in the ginger. Cook for 5 minutes on low heat. Cook for another 2 minutes after adding the orange juice and honey. Allow cooling for a few minutes before drinking.

The Circulatory System

Haemorrhoids Use a flannel or tissue to make a cold compress. On the pad, drop five drops of geranium essential oil. After each bowel movement, apply to the affected area. Geranium macerations are also a good oil to massage around the anus for healing in between bowel movements.

Thin Blood

Dried apricots, apricot muesli, baked apricots....no secrets here; just use your imagination.

Improve Clotting

I know no plant medicine will improve blood clotting efficiency, but calcium supplements are extremely effective.

To Reduce High Blood Pressure

Broccoli, cauliflower should regularly feature on your plate. Also, try making:

Rosemary Tincture

25g (1oz) dried rosemary

150ml (6 fl oz) Vodka

See How to make tinctures.

Dosage: 30 drops in 75 ml water.

Not suitable for those with epilepsy.

The Muscular System & Aches and Pains

Rheumatism, Arthritis and Gout

Goodbye Aches and Pains Cabbage, Carrot and Blueberry Juice

2 Parts Fresh Cabbage Juice

Two parts Fresh Carrot Juice

1 Part Blue Berry Juice

Extract each juice individually using a juicer, then combine and drink.

Creaking Cabbage and Courgette Poultice

Gently boil four cabbage leaves and a sliced courgette (zucchini) for 5 minutes.

Strain and squeeze out excess juice.

Lay the pulp onto a gauze.

Bandage over the affected part and leave for 20 minutes.

Muscular Pain

Draw a warm bath and add five drops each of lavender and geranium oils.

Oohs and Aahs Gentle Rub

Make a maceration of

Five sprigs of fresh rosemary leaves,

Ten sprigs of basil leaves and stalks

Two tbs lavender flowers

One tbs geranium flower heads

Rub into weary and tired muscles.

The Lymphatic System

Water Retention

Diminish You, Dandelion Tea

Look on any natural weight loss packet, and you will find dandelion on the label. It truly is a wonder herb! For tea, use only leaves, although petals and roots are also safe and tasty to eat.

Use ten big, juicy, fresh green leaves and pour over with hot water.

Steep for 5 minutes.

Sweeten with honey.

Flush Out Fennel Seed Decoction

Fennel tea is wonderful for reducing bloating, but here's just a bit of variety for you.

25g (1 oz) Fennel Seeds

300ml (10 fl oz) boiling water

Follow How to make Decoctions and drink warm.

Cellulite Survival Kit

In two different bases, use the same recipe. Make a massage oil and then a lump of clay to distribute over the buttocks and legs like a face mask. The mask is amusing and entertaining, but it is also somewhat messy. Invite a friend to a spa night so you may assist each other with the treatments. Make sure to cover surfaces with old towels and wash them as soon as possible.

For Massage Oil

2 Drops Grapefruit Essential oil

2 Drops Fennel Essential oil

2 Drops Rosemary Essential Oil

100 ml (4 fl oz) vegetable oil

For Clay Mask

25g (1 oz) packet of green or red clay (available from health food shops) and 10ml (1/2 fl oz) vegetable oil.

Smear on the clay, then cover with a cling film wrap.

Leave on for 20 minutes before showering away.

Follow with a soothing massage with the cellulite massage oil.

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25g (1 oz) packet of green or red clay (available from health food shops) and 10ml (1/2 fl oz) vegetable oil.

Smear on the clay, then cover with a cling film wrap.

Leave on for 20 minutes before showering away.

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The Nervous System and Emotions
Headaches and Migraine

Make a maceration with your garden's lavender, camomile, basil, and rosemary. When you sense a headache building on, massage the back of your neck and the temples. Peppermint tea can also be beneficial. You could also try:

Camomile Tea

25g (1 oz) Camomile Flower Heads

300 ml (10 fl oz) of boiling water

Steep for 5 -10 minutes.

Sweeten with honey and drink warm.

Insomnia

Lettuce on your sandwiches, courgettes (zucchini) on your dish, and a huge slice of pumpkin pie, of course! But how about we attempt something a little different?

Aunt Violet's Sleepy Syrup

About six handfuls of sweet violet flowers

300ml (10 fl oz) water

600g (21 oz) sugar

Remove all of the greenery from the flowers, keeping only those dreamy purple blooms.

Place them into a ceramic bowl and set it on top of a saucepan to make a bain-marie.

Boil water in the pan below to heat the bowl, then pour the 300ml of water over the flowers.

Leave them to steep overnight.

The next day, strain the violet juice off and return to the bain-marie.

Reheat to boiling temperature and add the sugar.

Stirring often let the syrup thicken for about 15 minutes.

Store in sterilized jars.

Use as a medicine for insomnia by diluting in water or use neat on ice creams and cakes.

Restful Sleep Massage Oil

100 mls (4 fl oz) Vegetable oil

3 drops Lavender oil

One drop of Marjoram oil

Use daily to aid sleep.

Finally, you can use your imagination to calm yourself or others in your home. Here are a few examples of possible pairings.

Relaxation: Geranium, lavender, camomile

Anger: Rose, geranium

Nerves: Rosemary, Apricots, mandarin

Romance: Rose, jasmine.

Practising Safely

Many people feel that because herbal medications are made from plants, they are perfectly harmless. However, certain herbs are dangerous. Others should only be taken on a limited basis, and some can interact with one another or prescription medications. Confirm if herbs are safe to use in your specific situation to protect yourself and your family.

Herbs to Avoid at All Times

Remember to keep safe by avoiding any herbs that you are unsure about. Some herbs must be avoided at all costs. There are several deadly plants; therefore, this is by no means an entire list.

- Belladonna Daffodil Foxglove Hemlock Henbane Jimsonweed Mandrake
- Tansy Wolfsbane

Herbs to Avoid During Pregnancy and Lactation

Herbal ingredients, like other chemicals, are passed on to your baby when you eat them. Many herbs stimulate the uterus, causing contractions, while others affect hormone levels. This is by no means a complete list, and you should always check to see if herbs are suitable to ingest while pregnant or nursing.

- Angelica Basil Black cohosh Catnip Comfrey Feverfew Goldenseal
- Mistletoe Mugwort Pennyroyal Rosemary Yarrow

Guidelines for Treating Babies and Toddlers

Many herbal medicines are safe for infants and toddlers but double-check that therapies are safe before giving them. A few general rules are as follows: Mild medicines including chamomile, peppermint, dandelion, slippery elm, and catnip work best for children under two.

For children who need to avoid sugar, especially those too young to consume honey, stevia can be used to sweeten herbal teas. (Because babies can ingest botulism spores under the age of one, never offer honey to a baby under the age of one.) Alcohol and aromatic plants are difficult to break down in children under two since their livers are not mature. Add a drop of an alcohol-based tincture to a cup of boiling water before giving it to a young kid (or anybody else who should avoid alcohol). By the time the water is cool enough to drink, the alcohol will have fully evaporated.

Herbs to Avoid with Heart Medication

Certain herbs should be avoided if you are using prescription medicines for heart problems. Several on this list can create dangerous interactions, but there are many more you should look into.

- Alfalfa Aloe vera Bilberry Black cohosh Echinacea Garlic Ginkgo biloba
- Hawthorn Licorice root Saw palmetto St. John's wort Yohimbe

Herbs to Avoid with Medical Conditions

Certain herbs should not be used simultaneously as prescription medications, and others should not be used by those who have medical issues. Here are a couple of such instances.

- Do not take St. John's wort if you take warfarin, protease inhibitors, certain asthma drugs, oral contraceptives, or antidepressants.
- Evening primrose increases the seizure risk in people with epilepsy.
- Garlic, ginger, ginkgo Biloba, fever-few, and evening primrose can increase bleeding risk in people with bleeding disorders and those who take blood thinners.
- If you take immunosuppressant drugs such as methotrexate, azathioprine, cyclosporine, or any corticosteroids such as prednisone, avoid alfalfa astragalus, echinacea, liquorice root, and ginseng. Because these herbs stimulate the immune system, they may counteract your prescribed medication.

Carefully Purchasing Herbs

Herbs, unlike medications, are not regulated, but they can be just as powerful. Make sure you get your herbs, plants, and seeds from a reputable source. Safety information should be readily available, and packages should be appropriately labelled. Avoid sources that smear all herbs with the same brush, claiming that they are all-natural, safe, and effective. If something appears to be too good to be true, it most likely is.

Appropriately Packaging Herbs

You might be wondering why glass jars and bottles are advised for long-term storage of herbal remedies, especially since so many raw components are packaged in plastic. Plastic bottles, jars, and bags are utilized for shipment since they are less likely to shatter and weigh less than glass. Because certain plastic packets might leak chemicals into the contents within, it's best to store your herbs in a glass.

CHAPTER THREE

REMEDIES AND RECIPES

Basic recipes, modest cooking tools, and a well-stocked pharmacy of herbs can be used to treat common diseases. You'll discover a large range of beneficial remedies here, whether you've been stung by a bee while tending your tomatoes or hit by a flying baseball at your child's Little League game.

ABCESS

An abscess is a pus-filled inflamed, or diseased area that is painful and hot to the touch. An abscess becomes more painful as it grows larger. If herbal therapies don't work, get medical help since an infection inside a large abscess can spread to adjacent tissue and into the circulation.

Fresh Yarrow Poultice

Makes one poultice

Anti-inflammatory and antibacterial substances are found in yarrow. It disinfects the abscess, reduces swelling, and speeds up the healing process.

One tablespoon finely chopped fresh yarrow leaves

1. Apply the chopped leaves to the abscess, then cover with a soft cloth. Leave the poultice in place for 10 to 15 minutes.
2. Repeat two or three times per day until the abscess is healed.

Precautions: Do not use if you are pregnant. People who are allergic to plants in the Asteraceae family may get cutaneous responses from yarrow.

Echinacea and Goldenseal Tincture

Makes about 2 cups

Echinacea and goldenseal have powerful antibacterial properties, as well as boosting your natural immune response. Make this tincture ahead of time so you'll always have it on hand. It can last up to 7 years if kept in a cool, dark place. It can be used whenever you have an infection.

5 ounces dried echinacea root, finely chopped

3 ounces dried goldenseal root, finely chopped

2 cups unflavored 80-proof vodka

1. Combine the echinacea and goldenseal in a sterilized pint jar. Fill the jar with vodka, filling it to the top and completely covering the herbs.
2. Close the jar tightly and give it a good shake. For 6 to 8 weeks, keep it in a cool, dark cabinet and shake it several times a week. If any of the alcohol evaporates, top up the jar with vodka until it's full.
3. Soak a piece of cheesecloth in water and lay it over the funnel's mouth. Pour the tincture into another sterilized pint jar using the funnel. Squeeze the liquid out of the roots with the cheesecloth until there is no more liquid. Remove the roots and pour the tincture into dark-coloured glass vials.
4. Take ten drops orally two or three times a day for 7 to 10 days to treat an abscess.

Precautions: Do not use if you are pregnant. If you have diabetes, be cautious because goldenseal might reduce blood sugar.

ACNE

Infected sebaceous glands produce painful pimples that are red and inflamed. While this is a disorder that mostly affects teenagers, it can also impact adults. Herbal medicines can help you look and feel better whether your acne is limited to your face or has spread to your chest, back, or other body regions.

Calendula Toner

Makes about $\frac{1}{2}$ cup

This basic toner contains witch hazel, which targets bacteria while relaxing your skin, as well as calming calendula, which reduces irritation. This toner will last for at least a year if maintained in a cold, dark place.

Two tablespoons calendula oil

$\frac{1}{3}$ cup witch hazel

1. Combine the ingredients in a dark-coloured glass bottle and gently shake.
2. Apply 5 or 6 drops to your freshly cleaned face or any areas of concern with a cotton cosmetic pad. As needed, add a bit more or less.
3. Repeat twice a day as long as the acne persists. If you want a chilly sensation, keep the bottle in the refrigerator.

Agrimony-Chamomile Gel

Makes about $\frac{3}{4}$ cup

Redness and irritation are reduced when agrimony and chamomile are mixed with aloe vera gel. The gel should be kept in the refrigerator. It will stay fresh for up to two weeks if kept in an airtight container.

Two teaspoons dried agrimony

Two teaspoons dried chamomile

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup aloe vera gel

1. Combine the agrimony and chamomile with the water in a saucepan. Over high heat, bring the mixture to a boil, then reduce the heat to low. Reduce the mixture by half, remove it from the heat and set it aside to cool completely.
2. Soak a piece of cheesecloth in water and lay it over the funnel's mouth. Pour the contents into a glass bowl using the funnel. Squeeze the liquid out of the herbs with the cheesecloth until there is no more liquid.
3. Blend the aloe vera gel into the liquid using a whisk. Fill a sterile glass jar halfway with the final gel. Refrigerate the container with the lid tightly closed.
4. Apply a tiny coating to all affected areas twice a day with a cotton cosmetic pad.

Precautions: If you take blood thinners or are allergic to plants in the ragweed family, leave out the chamomile.

ALLERGIES

Allergies are immunological reactions to a common substance such as cat dander, pollen, or dust that are abnormal. Food, drinks, and the environment all contain allergens, making it impossible to avoid them entirely. Herbal medicines are significantly milder than conventional treatments, which block your body's immune reaction to allergens that impact you.

Feverfew-Peppermint Tincture

Makes about 2 cups

During an allergic attack, feverfew and peppermint open up the airways. If you can't have feverfew, create this tincture using only peppermint. In a cool, dark spot, the tincture will last up to 7 years.

2 ounces dried feverfew

6 ounces dried peppermint

2 cups unflavored 80-proof vodka

1. Combine the feverfew and peppermint in a sterilized pint jar. Fill the jar to the top with vodka.
2. Close the jar tightly and give it a good shake. For 6 to 8 weeks, keep it in a cool, dark cabinet and shake it several times a week.
3. Soak a piece of cheesecloth in water and lay it over the funnel's mouth. Pour the tincture into another

sterilized pint jar using the funnel. Remove the moisture from the herbs by wringing them out. Transfer the final tincture to dark-coloured glass bottles after discarding the spent herbs.

4. When allergy symptoms flare up, take five drops orally. If the flavour is too strong for you, combine it with some water or juice and drink it.

Precautions: If you are allergic to ragweed, do not take feverfew. Feverfew should not be used during pregnancy.

Garlic-Ginkgo Syrup

Makes about 2 cups

Ginkgo biloba is a natural antihistamine with over a dozen anti-inflammatory ingredients, while garlic helps to boost your immune system. If feasible, use local honey to help build resistance to allergies common in your area. When refrigerated, this syrup will last up to 6 months.

2 ounces fresh or freeze-dried garlic, chopped

2 ounces ginkgo Biloba, crushed or chopped

2 cups water

1 cup local honey

1. Combine the garlic, Ginkgo Biloba, and water in a saucepan. Reduce the liquid by half by bringing it to a low simmer and partially covering it with a lid.
2. Fill a glass measuring cup halfway with the contents of the saucepan, then strain the mixture through a soaked piece of cheesecloth into the saucepan, wringing the fabric until no more liquid comes out.
3. Warm the mixture over low heat with the honey, stirring regularly until the temperature reaches 105°F to 110°F.
4. Fill a sterilized jar or bottle with the syrup and keep it in the refrigerator.
5. Take one tablespoon three times a day orally until your allergy symptoms go away.

Precautions: If you're taking a monoamine oxidase inhibitor (MAOI) for depression, don't take it. Ginkgo biloba can take blood thinners to work better, so consult your doctor before taking it. Take one teaspoon three times a day for children under the age of 12.

ASTHMA

Inflammation in the airways throughout the lungs and restricted bronchial tubes characterize this chronic disease. Asthma episodes can be terrifying, so when breathing becomes difficult, some people experience panic attacks.

Ginkgo-Thyme Tea

Makes 1 cup

Ginkgo biloba and thyme widen your airways and relax your chest muscles, allowing you to breathe more easily. If you don't like the taste of this tea, you can improve it by adding a teaspoon of honey or dried peppermint to the mix.

1 cup boiling water

One teaspoon dried Ginkgo Biloba

One teaspoon dried thyme

1. Fill a large cup halfway with boiling water. Allow the tea to steep for 10 minutes after adding the dry herbs and covering the mug.
2. Relax and inhale the steam while slowly drinking the tea. Repeat this process up to four times a day.

Precautions: If you're taking a monoamine oxidase inhibitor (MAOI) for depression, don't take it. Ginkgo biloba can take blood thinners to work better, so consult your doctor before taking it.

Peppermint-Rosemary Vapor Treatment

Makes one treatment

Rosemary leaves contain important histamine-blocking oil, while peppermint helps expand your airways and aid

breathing. If you don't have fresh herbs on hand, substitute two drops of peppermint essential oil and four drops of rosemary essential oil for this therapy.

4 cups steaming-hot water (not boiling)

½ cup crushed fresh peppermint leaves

½ cup finely chopped fresh rosemary leaves

1. Combine all of the ingredients in a large, shallow bowl. Place the bowl on a table and take a seat in front of it comfortably.
2. Cover your head and the bowl with a big towel. Inhale the fumes released by the herbs. As needed, get some fresh air and close your eyes if the vapours are too powerful. Continue to treat the water until it has cooled.
3. When asthma symptoms begin, repeat as required. This therapy is mild enough that you can use it as often as you want.

Precautions: If you have epilepsy, avoid using rosemary. While some relaxing oils, such as jasmine, ylang-ylang, chamomile, and lavender, have been proven to help prevent seizures, more aromatic oils, such as rosemary, fennel, sage, eucalyptus, hyssop, camphor, and spike lavender, have been known to cause seizures.

ATHLETE'S FOOT

A fungus that thrives in moist, warm, dark environments causes this itchy, often severe infection. Make sure you get rid of it before it reaches beneath your toenails, where it can cause discolouration and horror that is difficult to remove.

Fresh Garlic Poultice

Makes one treatment

Garlic is a powerful antifungal agent that can help you get rid of an athlete's foot. Raw honey aids in the binding of garlic to your foot while also acting as an antifungal agent. While you can prepare a double or triple batch of this remedy and use it over two to three days, you'll get better results if you produce a fresh batch for each treatment.

One garlic clove, pressed

One teaspoon raw honey

1. Combine the garlic and honey in a small bowl. Apply the blend to the afflicted region using a cotton cosmetic pad.
2. Put on a clean pair of socks and lie down with your feet elevated for 15 to an hour, with the poultice in place. After that, wash and dry your feet. Repeat the procedure once or twice a day, and then apply Goldenseal Ointment to the affected area. Continue for three days after the symptoms have subsided.

Precautions: Garlic can induce a rash in people who are allergic to it.

Goldenseal Ointment

Makes about 1 cup

Goldenseal is an antibacterial substance that aids in the treatment of an athlete's foot. You can use this ointment on its own or in combination with a Fresh Garlic Poultice to speed up healing. When stored in a cold, dark place, it will last for up to a year.

1 cup light olive oil

2 ounces dried goldenseal root, chopped

1-ounce beeswax

1. Combine the olive oil and goldenseal in a slow cooker. Set the slow cooker on the lowest heat setting, cover it, and steep the roots in the oil for 3 to 5 hours. Allow the infused oil to cool after turning off the heat.
2. In the base of a double boiler, bring about an inch of water to a simmer. Reduce the heat to a low setting.
3. Over the top part of the double boiler, drape a piece of cheesecloth. Pour the infused oil into the cheesecloth, then wring and twist it until no more oil comes out. Remove the cheesecloth and herbs that have been used.

4. Place the double boiler on the base and add the beeswax to the infused oil. Warm gently over low heat. Remove the pan from the heat once the beeswax has completely melted. Pour the contents into clean, dry jars or tins as soon as possible, and set aside to cool fully before capping.
5. Apply 14 teaspoons to each affected region with a cotton cosmetic pad. Apply a bit more or less as needed, and do so up to three times per day, the last time being before bed. To avoid slippage, put on a pair of clean socks over the ointment.

Prec cautions: If you're pregnant or breastfeeding, don't use it. If you have high blood pressure, avoid using this product.

BACKACHE

While overwork or injury is the most common cause of back pain, it can also be caused by inactivity, muscle spasms, or inflammation. Rest as much as possible to help your body heal, and visit your doctor if the pain is severe or accompanied by numbness, tingling, or incontinence.

Passionflower-Blue Vervain Tea

Makes 1 cup

Passionflower and blue vervain both calm the nervous system and relieve muscle pain. This is a wonderfully calming combination, so use it when you have a chance to unwind.

1 cup boiling water

One teaspoon dried passionflower

One teaspoon dried blue vervain

1. Fill a large cup halfway with boiling water. Allow the tea to steep for 10 minutes after adding the dry herbs and covering the mug.
2. Slowly sip the tea as you relax. Repetition is allowed up to two times each day.

Prec cautions: Passionflower and blue vervain should not be used during pregnancy. If you have prostate issues or baldness, stay away from passionflower.

Ginger-Peppermint Salve

Makes about 1 cup

Potent elements in ginger and peppermint permeate the skin, causing a warming sensation that aids muscle relaxation. When stored in a cold, dark place, this salve will last for up to a year.

1 cup light olive oil

1 ounce dried ginger root, chopped

1 ounce dried peppermint, crushed

1-ounce beeswax

1. Combine the olive oil, ginger, and peppermint in a slow cooker. Set the slow cooker to the lowest heat setting, cover it, and let the herbs steep in the oil for 3 to 5 hours. Allow the infused oil to cool after turning off the heat.
2. In the base of a double boiler, bring about an inch of water to a simmer. Reduce the heat to a low setting.
3. Over the top part of the double boiler, drape a piece of cheesecloth. Pour the infused oil into the cheesecloth, then wring and twist it until no more oil comes out. Remove the cheesecloth and herbs that have been used.
4. Place the double boiler on the base and add the beeswax to the infused oil. Warm gently over low heat. Remove the pan from the heat once the beeswax has completely melted. Pour the contents into clean, dry jars or tins as soon as possible, and set aside to cool fully before capping.
5. Using your fingers or a cotton cosmetic pad, apply one teaspoon to the affected area, massaging well. Use a little more or less as needed. Repeat the treatment up to four times per day.

Precautions: If you're on blood thinners, have gallbladder illness, or have a bleeding issue, don't use ginger.

BEE STING

A bee stung is generally accompanied by pain, redness, and swelling, and the discomfort can persist for days. Herbs can help with pain relief. If you're allergic to bee venom, keep in mind that herbal remedies aren't meant to take the place of emergency EpiPens.

Fresh Plantain Poultice

Makes one treatment

The modest plantain plant—not to be confused with its banana-like namesake—is a weedy green plant that contains aucubin, a powerful antitoxin glucoside. Antiseptic and anti-inflammatory properties are provided by other components, making this simple treatment quite effective. If fresh plantain leaves are unavailable, rehydrate a teaspoon of dried, crushed plantain in a tablespoon of water for use as a poultice.

One tablespoon finely chopped fresh plantain leaves

Cover the injured area with the chopped leaves and a soft cloth. Allow 10 to 15 minutes for the poultice to dry. Repeat as necessary until the pain is gone for good.

Comfrey-Aloe Gel

Makes about $\frac{1}{4}$ cup

Because of its anti-inflammatory and analgesic characteristics, comfrey can help relieve the pain and swelling associated with bee stings. Aloe vera soothes and speeds up the healing process. If you like this balm, you'll find it useful for a variety of little cuts and scrapes. When kept in the refrigerator, it stays fresh for about two weeks.

Two teaspoons dried comfrey

$\frac{1}{4}$ cup water

Two tablespoons aloe vera gel

1. Combine the comfrey and water in a saucepan. Over high heat, bring the mixture to a boil, then reduce the heat to low. Reduce the mixture by half, remove it from the heat and set it aside to cool completely.
2. Soak a piece of cheesecloth in water and lay it over the funnel's mouth. Pour the contents into a glass bowl using the funnel. Squeeze the comfrey liquid out of the cheesecloth until no more liquid comes out.
3. Blend the aloe vera gel into the liquid using a whisk. Fill a sterile glass jar halfway with the final gel. Refrigerate the container with the lid tightly closed.
4. Apply a tiny coating to the affected region with a cotton cosmetic pad as needed until the discomfort and swelling go away.

BLOATING

Overeating, stomach gas, and the start of women's premenstrual cycles are just a few of the factors that can cause bloating. Herbs aid in evacuating toxins, excess gas, and accumulated fluid, allowing your body to recover to a more balanced state.

Peppermint-Fennel Tea

Makes 1 cup

If you think your bloating is caused by a buildup in your digestive tract, peppermint and fennel can help you feel better quickly. Strong antispasmodic compounds in these pleasant-tasting herbs relax the smooth muscle tissue in the digestive tract. If the flavour of this tea is too strong for you, add a teaspoon of honey.

1 cup boiling water

One teaspoon dried peppermint

$\frac{1}{4}$ teaspoon fennel seeds, crushed

1. Fill a large cup halfway with boiling water. Allow the tea to steep for 10 minutes after adding the peppermint and fennel.
2. Relax and sip your tea. This is a gentle cure that can be used as often as necessary.

Dandelion Root Tincture

Makes about 2 cups

Although dandelion root has a harsh flavour, it has powerful diuretic properties that help your body eliminate toxins and make you feel much better. If stored in a cool, dark place, this tincture will last for up to 7 years.

8 ounces dandelion root, finely chopped

2 cups unflavored 80-proof vodka

1. Place the dandelion root in a pint jar that has been sterilized. Fill the jar with vodka, filling it to the top and completely covering the roots.
2. Close the jar tightly and give it a good shake. For 6 to 8 weeks, please keep it in a cool, dark cabinet and shake it several times a week. If any of the alcohol evaporates, top up the jar with vodka until it's full.
3. Soak a piece of cheesecloth in water and lay it over the funnel's mouth. Pour the tincture into another sterilized pint jar using the funnel. Squeeze the liquid out of the roots with the cheesecloth until there is no more liquid. Remove the roots and pour the tincture into dark-coloured glass vials.
4. If you have to bloat, take one teaspoon orally once or twice a day.
5. If the flavour is too strong for you, combine it with some water or juice and drink it.

BRONCHITIS

Bronchitis occurs when the bronchial linings become inflamed as a result of irritation, infection, or allergies. A heavy, rasping cough is also a common symptom of the illness. When paired with increased fluid intake and lots of rest, Herbal therapies have been shown to help reduce and eliminate bronchitis symptoms.

Rosemary–Licorice Root Vapor Treatment

Makes one treatment

Rosemary and licorice roots expand the airways, increase circulation, and relieve the pain and inflammation associated with bronchitis.

5 cups water

¼ cup chopped dried licorice root

½ cup finely chopped fresh rosemary leaves

1. Combine the water and the dried licorice root in a saucepan. Bring the mixture to a boil, then lower the heat to a low setting. Cook for 10 minutes on low heat.
2. In a shallow dish, combine the water, licorice root, and rosemary leaves.
3. Cover your head and the bowl with a big towel. Inhale the fumes released by the herbs. As needed, get some fresh air and close your eyes if the vapours are too powerful. Continue to treat the water until it has cooled.
4. As needed, repeat the process. This therapy is mild enough that you can use it as often as you want.

Precautions: If you have epilepsy, high blood pressure, diabetes, kidney difficulties, or heart disease, you should not use this therapy.

Goldenseal-Hyssop Syrup

Makes about 2 cups

Hydrastine and berberine are two powerful antiviral and antibacterial compounds found in goldenseal. Hyssop relieves bronchial spasms and helps eliminate lung congestion while also providing a relaxing, soothing effect. This syrup can also be used to treat a common cold. When refrigerated, it will last up to 6 months.

½ ounce dried goldenseal root, chopped

1 ounce dried hyssop

2 cups water 1 cup honey

1. Combine the goldenseal and hyssop with the water in a saucepan. Reduce the liquid by half by bringing it to a low simmer and partially covering it with a lid.
2. Fill a glass measuring cup halfway with the contents of the saucepan, then strain the mixture through a soaked piece of cheesecloth into the saucepan, wringing the fabric until no more liquid comes out.
3. Warm the mixture over low heat with the honey, stirring regularly until the temperature reaches 105°F to 110°F.
4. Fill a sterilized jar or bottle with the syrup and keep it in the refrigerator.
5. Take one tablespoon three to five times a day, orally, until your symptoms go away.

Prec cautions: If you're pregnant or breastfeeding, don't use it. If you have epilepsy or high blood pressure, avoid using this product. Diarrhea and heartburn can be aggravated by goldenseal. Children under the age of 12 should take one teaspoon twice a day, two to three times a day.

BRUISE

Deep, severe bruises may indicate the presence of underlying injuries or health issues. Something as easy as bumping against a piece of furniture can result in minor bruises. Consult your doctor if you notice you're bruising more easily than normal, as this could indicate an underlying health problem.

Fresh Hyssop Poultice

Makes one treatment Hyssop offers pain relief and stimulates circulation, helping your bruise heal faster. If you haven't yet added hyssop to your garden, you can use a drop or two of hyssop essential oil to treat a bruise. You can also rehydrate a teaspoon of dried hyssop with a tablespoon of warm water and use it to make a poultice.

One tablespoon finely chopped fresh hyssop leaves

Cover the injured area with the chopped leaves and a soft cloth. Allow 10 to 15 minutes for the poultice to dry. Repeat this process two or three times per day until your bruise is gone.

Prec cautions: If you have epilepsy or are pregnant, avoid using hyssop because it might cause involuntary muscle contractions.

Arnica Salve Makes about 1 cup.

Arnica is a strong anti-inflammatory agent, and its ability to relieve pain makes this simple salve an excellent choice for bumps and bruises.

1 cup light olive oil

2 ounces dried arnica flowers

1-ounce beeswax

1. Combine the olive oil and arnica in a slow cooker. Set the slow cooker to the lowest heat setting, cover it, and let the herbs steep in the oil for 3 to 5 hours. Allow the infused oil to cool after turning off the heat. In the base of a double boiler, bring about an inch of water to a simmer. Reduce the heat to a low setting.
2. Over the top part of the double boiler, drape a piece of cheesecloth. Pour the infused oil into the cheesecloth, then wring and twist it until no more oil comes out. Remove the cheesecloth and herbs that have been used.
3. Place the double boiler on the base and add the beeswax to the infused oil. Warm gently over low heat. Remove the pan from the heat once the beeswax has completely melted. Pour into clean, dry jars or tins as soon as possible and allow it to cool fully before capping.
4. Apply a pea-size amount to the bruised region with your fingertips or a cotton cosmetic pad. Repeat twice a day until your bruise fades, adding a bit more or less as needed.

Prec cautions: Do not use on skin that has been broken. Long-term use can cause skin irritation; if signs of skin irritation arise, stop using it.

ESSENTIAL OIL

INTRODUCTION

Essential oils have improved physical, emotional, mental, and spiritual health for thousands of years. Science has only lately begun to understand how these volatile aromatic liquids and the valuable chemical substances they contain affect both the body and the mind. Perhaps you want to learn how to make a wide range of therapeutic items and treatments for increasing beauty the natural way, or maybe you want to use these pleasantly perfumed oils primarily for aromatherapy. You'll find a variety of helpful information about the world's most popular essential oils, as well as over a hundred tips for using them safely, on these pages. Each essential oil presented in this book has a wide range of applications. Pure peppermint essential oil, for example, is widely known for its capacity to reduce digestive discomfort, relieve inflammation and pain caused by arthritic illnesses, and impart a fresh flavor to a wide range of items, from candy to toothpaste. This book is a complete resource that you may turn to when you need a natural solution for a headache, cold symptoms, or even to speed up the healing of minor wounds. Essential oils are adaptable and convenient because they are derived from plants, are suitable for the environment, and are naturally effective. When you choose to substitute chemical-based items with these aromatic gifts from nature's rich apothecary, you open yourself, your family, and even your companion animals up to absolute well-being.

CHAPTER ONE

ESSENTIAL OILS AND HOW THEY WORK

WHAT ARE ESSENTIAL OILS? Essential oils aren't just concentrated plant extracts; they're much more. Most have medical properties, and many are prized for their outstanding cosmetic characteristics. While the entire plants or plant parts from which they are produced have medicinal properties, essential oils are far more potent. Essential oils, also known as ethereal oils or volatile oils, contain the essence or smell of the plants from which they are derived. A few well-known essential oils are extracted from whole plants, but the majority are extracted from specific parts of the plants for which they are named. Seeds are the source of some essential oils, such as almond and nutmeg oils. Many essential oils are extracted from leaves, such as patchouli, eucalyptus, and tea tree. Others come from wood, flowers, resin, or roots, among other sources. Some plants, such as cinnamon and bitter orange, are used as sources for multiple types of essential oils. Professional practitioners utilize about 300 essential oils to treat many ailments, but home practitioners regularly use ten to twenty crucial oils. Lavender, eucalyptus, clary sage, and orange essential oils are among the most popular.

For thousands of years, humans have known about the healing properties of plants. While it is unclear when essential oils were first discovered, we see that they were employed in numerous cultures for religious rites and healing.

In Ancient Times, Herbs and Essential Oils

Egyptians are well-known for their achievements, so it's no surprise that they were among the first to employ essential oils. Aromatic oils were used in daily life in Egypt as early as 4500 BCE, according to archives. Cinnamon, myrrh, sandalwood, and frankincense were prized favorites, valued so highly that they were occasionally purchased with pure gold. Pure essential oils were considered sacred in Egypt, and only high priests and kings were permitted to utilize them; each deity had its own trademark necessary oil combination. During religious events, images and carvings of gods and goddesses were routinely anointed with valuable oils. Each pharaoh employed various unique, essential oil mixes during meditation, intimacy, and even war preparation. Scholars in India established Ayurveda around 3000 BCE, which relies mainly on healing potions containing many essential oils. More than 700 therapeutic substances are listed in ancient Vedic literature, including modern favorites like ginger and cinnamon essential oils. Aromatic herbs and essential oils found their way into traditional Chinese medicine for a variety of diseases. Many

of these chemicals are still utilized by practitioners of Eastern medicine today. Between 2697 and 2597 BCE, during Huang Ti's reign, Chinese scholars first described the use of essential oils, and the mythical Suwen, or Yellow Emperor's Classic of Internal Medicine, remains a significant text today.

Essential oils are mentioned approximately two hundred times in the Bible, in both the New and Old Testaments. Cedarwood, cinnamon, fir, frankincense, myrrh, and spikenard are the most famous biblical essential oils. These oils were used for anointing, religious purposes, and, it appears, simply for the pleasure of smelling them. They were also prized as gifts; in the narrative of the Magi, frankincense and myrrh were among the priceless gifts delivered to Jesus of Nazareth at his birth. Essential oils were also employed by the ancient Greeks and Romans, primarily for aromatherapy, therapeutic massage, personal cleanliness, and medicine. Myrrh essential oil was mixed into an ointment for use on the battlefield, and it proved to be an effective cure for preventing post-injury infections. Hippocrates is known as the "Father of Medicine." He chronicled the medicinal effects of essential oils and components from over three hundred plants between 500 and 400 BCE, many of which are still popular today. "Every day, a fragrant bath and a scented massage is the route to good health," Hippocrates advised his students. In the Hippocratic Oath, which doctors take, his wisdom continues to influence modern medicine. Galen was a highly influential Greek physician. Born in 131 CE and trained in Alexandria and Smyrna, he became the gladiator's surgeon in Pergamos. No gladiator died of infection while under Galen's care, thanks to his extensive understanding of the effective use of essential oils and other remedies. Galen's success led to him being appointed as Marcus Aurelius' physician. For the rest of his life, he was a member of the emperor's court. He spent it writing a significant body of medical books that covered plants in numerous medicinal categories. Galen died in 201 CE, but his work continues in Galenic medicine, which is still used in India and Pakistan.

Aromatherapy, Essential Oils, and the Birth of Modern Medicine When Rome fell, physicians fled, bringing writings by Hippocrates and Galen. These writings eventually made their way to Persia, translated into several languages, and distributed to intellectuals. Ali ibn Sina, also known as Avicenna the Arab, was a child prodigy born around 980 CE. He was trained as a physician and has started practicing medicine when he was twelve years old. Ibn Sina cataloged over 800 plants and detailed descriptions of their effects on the human body. He's also known for refining and documenting traditional distillation procedures for extracting pure, high-quality essential oils from aromatic plants. After crusading knights visited the Middle East, Europeans got firsthand knowledge of essential oils and herbal medicines. These knights and their soldiers began to wear and carry perfumes, and many of them learned how to distill.

Desperate doctors chose to use Ayurvedic mixes instead of ineffective medicines during the bubonic plague pandemic of the 1400s. Camphor, meadowsweet, rosemary, and lavender essential oils were effective in these ancient medicines. To fend off evil spirits, frankincense and Scots pine were burned in the streets simultaneously. In locations where this method was popular, fewer people died of the plague.

The 1653 book Complete Herbal of Nicholas Culpeper contained cures for a variety of medical ailments. Essential oils and other effective plant-based ingredients are still used in these venerable tonics today. Essential oils' remarkable medicinal capabilities were rediscovered in 1910 when French chemist René-Maurice Gattefossé's hands were seriously burned in a laboratory explosion, and gangrene spread swiftly. Following that, Gattefossé applied a single application of lavender oil to his hands, and healing began almost immediately. Following this incident, Gattefossé and a colleague studied. Later, during World War II, Parisian doctor Jean Valnet employed therapeutic-grade essential oils to heal injured soldiers. Dr. Paul Belaiche and Dr. Jean-Claude Lapraz, two of Valnet's students, did a significant study, testing vital oils in antiviral, antibacterial, antifungal, and antiseptic activities. They concluded that these potent natural compounds had some therapeutic properties.

Aromatherapy and essential oils are becoming increasingly popular in North America. Native Americans were known to rely significantly on nature's pharmacy, using plants to improve their health in several ways. Echi nacea was a popular therapy for headaches, including terrible migraines, and is still used in several forms today, including whole herb and essential oil. Nerve disorders were treated with skunk cabbage, back discomfort was relieved with horsemint, and coughs were treated with wild cherry. Native Americans employed white pine to treat colds, and it's still a popular aromatherapy cold remedy today. You're hiring a well-known Native American cure if you've ever used arnica to aid with bruises. When European settlers arrived in North America, they carried with them their favorite European herbs. These priceless plants were at one time their only source of medication, and they were also utilized to make food more palatable. Pennyroyal and wormwood were effective for flea and other bug control. Later

records suggest that in 1631, John Winthrop, Jr. of Suffolk, ordered many seeds to be transported to the Massachusetts Bay Colony in America. Rosemary, clary sage, angelica root, hyssop, catnip, and lovage were among the forty-eight plant species he imported for £160, which was a lot in those days. All of these plants are now available as essential oils. It turns out that the ancients and those who followed in their footsteps were correct. When bacteria, fungi, and viruses come into contact with some essential oils, they die. This is especially true if the oils contain terpenes, thymol, carvacrol, and phenols. Essential oils and chemical replicas of their active components are commonly used in the formulation of modern pharmaceuticals. Extensive research and clinical trials are underway, and thanks to current technology, many medical practitioners now incorporate essential oil-based therapies into their holistic practices.

THE EFFECTIVENESS OF ESSENTIAL OILS

Each essential oil includes roughly one hundred different constituents, each of which has a different effect on the body. Aromatic compounds generated from phenylpropane are the precursors of amino acids, which join together to build practically every structure in the body.

Natural Substances That Are Complicated Our bodies and essential oils are made up of many of the same compounds, including complex chemicals called terpineols, which are naturally occurring alcohols that aid in creating vitamins, energy, and hormones body. They are formed due to the ongoing process of cellular respiration and contribute to the body's cellular energy source, assisting in functions like metabolism and healing. Many essential oils include these vital compounds, which plants produce during their growth. They are simple to absorb and utilize by the human body for both nourishment and healing. Despite their intricacy, these oils are noninvasive and harmless, except for a couple produced from deadly nightshades, and should be used with extreme caution. Belladonna is one of the most poisonous essential oils available. Although it has a long history of benign applications, such as cosmetics and pharmaceuticals, and use as a surgical anesthetic, it has also been employed as a lethal poison. Another hazardous essential oil is wolfsbane, often known as monkshood, which is obtained from a plant that is so poisonous that farmers must avoid skin contact.

Macbeth is claimed to have used nightshade to poison Danish invaders who landed on Scotland's shores before being anointed king in 1040. They wanted belladonna-laced mead, which Macbeth provided. Macbeth and his followers executed the invaders once they had gone into a coma.

Electrons, which carry an electric charge and are affected by other sources of electricity, are found in every cell in the body. Consider how a defibrillator can be used to restart the heart after a cardiac arrest and how electrotherapy can be utilized in a variety of beneficial ways, including stimulating the brain, assisting in the healing of injured muscles, and boosting blood flow. Polarization separates positive and negative electrical charges in any item or energy form, including cells and light. When light is polarized, it produces circular ellipses, stimulating healing in the body's tissues. Polarized light therapy is utilized in various medical applications, from aesthetic procedures and skin disorders to pain relief, burn healing, ulcer treatment, and penetrating deep into joints to relieve pain. The rotational properties of essential oils are similar to those of polarized light. These properties, known as dextrorotation and levorotation, significantly impact the body's electromagnetic field. These qualities, researchers believe, contribute to the body's ability to heal itself in the same way as electric charges do.

Furthermore, essential oils have a powerfully beneficial effect on blood circulation. They can help supply oxygen and crucial nutrients to the body's tissues while efficiently eliminating the waste produced by normal metabolism processes. Essential oils increase immune system efficiency and blood viscosity by improving blood flow, which benefits the entire body, including the brain. Essential oils include the most potent chemicals plants can synthesize from the sun, water, and soil that sustain them. They are sweet-smelling and commonly used simply because their smells are so pleasant. Despite their intricate and potent chemical compositions, essential oils are enjoyable and straightforward to use. While each essential oil is necessary on its own, it can be combined to create even more powerful chemical compounds with synergistic effects that outperform single oils. Very potent oils and mixes, on the other hand, can be diluted to achieve the desired dosage.

Essential Oils' Healing Potential

Adaptogens, or natural balancers, are found in many essential oils. Adaptogens cause a balancing reaction in the body, affecting various physiological systems, such as blood pressure, the autonomic nervous system, the endocrine system, and digestion. Many essential oils are natural analgesics, meaning they work on the peripheral and central

neural systems to relieve pain. Wintergreen essential oil, for example, has 85 to 99 percent methyl salicylate, the same active component found in aspirin. Wintergreen and birch were thought to be the finest pain relievers before synthetic pain medications were developed in the 1920s; in reality, Native Americans employed both plants before written records were ever recorded. Pain is defined as a feeling of mental, emotional, or bodily discomfort. While modern medications play an essential role in treating aging pain in men, most of these treatments lack the potency of analgesic essential oils because they often only treat physical pain. Peppermint essential oil, which has been proved to be effective in inhibiting pain, is also known for its capacity to produce an overall sensation of serenity and well-being. Wintergreen essential oil is also known to bring about sentiments of self-acceptance. Doctors have been fighting diseases since the dawn of time, and antiseptics are among the most effective weapons in their armory. Antiseptics are antimicrobial compounds that minimize the risk of infection when administered to live tissues. Because of their ability to kill microorganisms, some antiseptics are classified as germicides, whereas others are antibacterial and prevent bacterial growth. Antiseptic essential oils are 100% natural, whereas most antiseptics on the market today contain a range of chemicals. Lavender oil, tea tree oil, and clove oil are the most effective antibacterial essential oils. Antiseptic essential oils can be blended in a variety of ways to improve efficacy. They can be used in various ways, such as infusing them in bathwater, putting them to minor wounds, or adding them to poultices or compresses.

Clove essential oil is so effective as an anti-inflammatory and analgesic that the American Dental Association has approved it as a dental anesthetic. It's excellent in mouthwash preparations, especially if you have sore, inflamed gums.

The body's protection system includes inflammation. This necessary immunological response helps the body's structures repair after an injury or exposure to a hazardous chemical by removing negative stimuli. Redness, swelling, and pain can occur when tissues become inflamed. These symptoms are usually not dangerous if they only last a short time. When infection symptoms become chronic, they can begin to harm the very structures they are supposed to protect. That's when reducing inflammation becomes critical for long-term health and happiness. Anti-inflammatory effects are found in several essential oils. Thyme essential oil, for example, is effective in reducing muscle weariness, while pure, unadulterated rose otto oil is effective in treating dry or inflamed skin and even in reducing the appearance of broken capillaries. Whether you're suffering from a skin issue, muscle discomfort, recurrent migraines, or other unpleasant or irritating physiological conditions, there's a good chance that one or more of the various essential oils on the market will help you feel better.

Essential oils have many practical applications in addition to their therapeutic benefits. They can be used to make non-toxic household cleansers and natural laundry detergents, for example. Citronella, for instance, makes effective natural insect repellents. Making your products with essential oils is a fantastic choice to limit the number of chemicals you use in your house.

WHAT IS AROMATHERAPY, AND HOW DOES IT WORK?

Aromatherapy is a complementary medicine in which essential oils improve mental, physical, emotional, or cognitive function. Aromatherapy uses various natural components, including jojoba, herbs, hydrosols, mineral clays, and other things, in addition to essential oils. Keep in mind that many products labeled as aromatherapy products, such as scented candles, perfume oils, and fragrance oils, contain synthetic substances. To be aromatherapeutic, a material must be entirely natural. Many people prefer to purchase their essential oils and blend personalized aromatherapy products at home because items labeled "made with natural components" or "made with essential oils" generally only contain small amounts of natural ingredients.

Aromatherapy practitioners were pushed underground during the Dark Ages because it was thought to be witchcraft. Because Christians saw disease as a punishment from God, the Catholic church outlawed numerous natural medicines. To seek a cure, followers were told to pray and bleed themselves.

Scent as a Science

The human sense of smell is 10,000 times more potent than other senses, and the scent goes to the brain so quickly that the mental or physical response to the fragrance an essential oil releases can be instantaneous. The aroma of an essential oil enters the more comprehensive olfactory system after passing through olfactory nerve cells inside the nose. The scent is subsequently delivered to the olfactory bulb, which is located within the brain's limbic system and serves as the seat of emotions and the originator of emotional action. You may experience a speedy release of

mental strain or unpleasant feelings, as well as muscle tension relief, depending on the essential oil you are breathing. You may feel more alert, aroused, or involved with your environment. If the smell you're inhaling is one you recognize, you may quickly access your collective unconscious and recall vivid memories, especially if those memories are linked to powerful emotions. The limbic system is connected to the pituitary gland and hypothalamus, which regulates the release of hormones that affect the nervous system, appetite, body temperature, concentration, and stress levels. Essential oils work with the limbic system by sending signals to the hypothalamus, telling it to release neurochemicals that will calm, relax, or stimulate the body. This is why aromatherapy can help with stress relief, hunger control, increased alertness, and a whole lot more. Essential oils travel directly to the right limbic location, where neurochemicals teach the body to respond as desired, whether deeply inhaled or applied to the skin.

Our distinct senses of smell are similar to fingerprints. Except for identical twins, who have identical odor receptors and process scents in the same way, everyone detects different aromas in their way. An essential oil that smells wonderful to one person may not smell so good to another.

Aromatherapy's Advantages

Many people believe that aromatherapy might help them feel more spiritually at ease. Essential oils have a wide range of beneficial effects on the body, mind, and spirit, having unique qualities that benefit the body, mind, and spirit. Frankincense is a typical example of essential oil that has been used to scent sacred areas like churches, sanctuaries, and home meditation rooms for ages. Diffusing frankincense and taking long, calm breaths can help you focus when embarking on any spiritual journey. When viewed in this light, aromatherapy is more than just the scientific use of essential oils to produce beneficial changes in the physical realm; it is also the artistic use of essential oils to elicit positive aesthetic and spiritual levels.

CHAPTER TWO

GETTING ESSENTIAL OILS, STORING THEM, AND USING THEM

WHERE DO ESSENTIAL OILS COME FROM? Essential oils can be extracted using a variety of processes. Most extraction methods rely on the fact that most essential oils mix well with other oils and fats, specific solvents, and even alcohol, but not with water. Herbalists and important oil manufacturers have figured out which methods work best for each plant throughout time, based on the chemical signature of that plant.

Expression

The most direct way of creating essential oils is expression. The oil is simply pressed from the plant's seeds, flesh, or skins in a procedure similar to pressing olive oil. This method is most commonly used to extract essential oils from citrus peels, such as lemon, orange, grapefruit, and lime.

Solvents

Chemical solvent extraction is the least natural approach for extracting essential oils, and many expert aromatherapists avoid oils extracted this way. Even though all extraction solvents are meant to be eliminated, certain light chemical remnants may taint the finished product. This procedure involves dissolving the plant from which the essential oil is derived in a chemical solvent, such as benzene, methylene chloride, or hexane. Solvents, which have lower boiling points than crucial oils, evaporate, leaving just the essential oil. To separate the solvent from the essential oil, a vacuum or centrifuge is usually used. "Absolutes" are essential oils extracted with solvents. Because vanilla and jasmine essential oils cannot be distilled, they have frequently been pulled this way. In contrast, rose otto essential oil is commonly extracted because it is less expensive to produce.

Carbon Dioxide in a Hypercritical State

One of the most recent approaches for manufacturing essential oils relies on plant-carbon dioxide interaction. Although it is costly to produce essential oils in this manner, the results are exquisite. The carbon dioxide process has essential oils that smell almost identical to the plants from which they were derived. At 33 degrees Celsius, carbon dioxide becomes hypercritical, meaning it is neither a natural gas nor an actual liquid (91.4 degrees Fahrenheit). This process allows for a quick extraction, and because carbon dioxide is inert, it has no chemical contact with the plant from which the essential oil is collected. Carbon dioxide-extracted essential oils are exceptionally high quality, and practically any popular essential oil may be found using this approach. There are two types of CO₂ selects to look for: CO₂ totals and CO₂ selects. CO₂ selects, like other essential oils, can be poured. They are often more viscous than oils made by other processes, but waxes, color compounds, and resins from the plant are left behind after processing.

The waxes, color compounds, and resins typically left after the essential oil synthesis process are contained in CO₂ totals and removed at more significant pressures. They are generally thick and pasty, but they can be gently heated and combined with other essential oils and carrier oils.

Distillation with Steam

The steam distillation procedure works effectively for most plants from which pure essential oils are extracted. Freshly picked plants are suspended above a vat of boiling water in this easy technique, and the steam rising from the water removes the plant's oils. The rising steam is caught in a vessel and forced through a tube before being cooled. Because essential oils do not combine with water, the moisture condenses back into the water, and the two substances separate. The essential oil is collected, and in many cases, the residual water is also collected because it preserves its fragrance. Hydrosol is a type of water commonly used in moisturizers, linen sprays, and mild scents.

Enfleurage

Enfleurage is a time-honored method of generating essential oils that are rarely utilized outside of France. It is a costly and time-consuming process. Whole blossoms are placed on sheets that have been treated with warm vegetable oil, which absorbs the oils from the flowers. Exhausted blossoms are replaced with fresh ones as the oils are bled from the petals until the entire oil has been infused with fragrance. After that, the essential oil is removed from the oil.

The earliest method for obtaining essential oils is hot enfleurage. Melting fat (historically, swine lard or cattle tallow) and stirring in plant matter is a time-consuming operation. Spent botanicals are squeezed out and replaced with fresh ones as the flowers, leaves, and berries shed their scent into the oil. The finished product is known as enfleurage pomade. The residual fat is frequently utilized to produce soap once the essential oils have been extracted from the mixture with alcohol, as it is usually reasonably fragrant.

NOT ALL ESSENTIAL OILS ARE CREATED IN THE SAME MANNER.

Several things determine essential oil quality. Plant species, extraction procedures, and even growth factors, such as soil quality, cloud cover, and environmental temperature, can all affect the plants used to extract essential oils. Grade, purity, and integrity are the three most important factors to consider when establishing critical oil quality.

Grade

Essential oils are evaluated in the same way that many other items are graded. The more expensive an essential oil is, the higher its grade. For example, there are four classes of lemon essential oil and at least twelve steps of lavender essential oil. The grading method is exceptionally subjective, and it is not always an indicator that one type of essential oil is superior to another. Even seasoned specialists have difficulty agreeing on favorite essential oils, as they do with fine wines. Grading is frequently used to define which types of essential oils are appropriate for a particular application. Peppermint oil intended for delivery to confectionery producers, for example, is graded differently than peppermint oil designed for aromatherapy. Both of these grades are acceptable. Once you've had some practice utilizing essential oils regularly, you'll notice that higher-grade essential oils have a more nuanced aroma than lower-grade essential oils. The more aromatic molecules an essential oil has, the more complex the smell is.

Purity

It's critical to check for pure essential oils when buying essential oils, especially if you plan to utilize them for aromatherapy, natural healing, or cosmetics. Unfortunately, some manufacturers and dealers dilute essential oils, especially the most expensive ones, with similar-smelling essential oils, carrier oils, vegetable oils, alcohol, or solvents that aren't even made from plants. When this is done, the end product is incapable of delivering the desired outcomes.

Integrity

When essential oil manufacturers and dealers talk about the integrity of a particular essential oil, they're referring to the fact that it originates from a single plant species, frequently from the same region, and frequently from the same harvest. Integrity also denotes the purity and naturalness of essential oil. Essential oils with integrity aren't made in labs, and they aren't mixed with other oils that smell similar. Pure essential oils may be included in oil lacking integrity; for example, inexpensive citronella and lemongrass oils are frequently marketed as more expensive lemon balm (Melissa) oil.

It's not difficult to spot a tainted product. Oils that have been diluted with vegetable oils will separate when frozen, while those cut with alcohol will have an alcoholic odor. Place a tiny drop of essential oil on a sheet of white paper to identify carrier oil. If an oily patch remains on the report after a few days and the essential oil's scent has faded, the oil you're evaluating has most likely been diluted with a carrier oil.

ESSENTIAL OIL BUYING AND STORAGE

Buying your essential oils from a reputable retailer ensures that you get precisely what you need and is not a cheap, ineffective substitute. Essential oils are routinely labeled as "pure" by dishonest marketers when they are not.

Choosing a Reliable Source

The source is the most critical component of acquiring essential oils until you have the skills to distinguish high-quality crucial oils from synthetics or inexpensive mixtures. Some businesses routinely sell high-quality essential oils, while others sell low-quality knock-offs. Though you may believe that the price of essential oil is a good

indicator of its quality, this is not always the case. While some of these companies sell high-quality essential oils, many are more interested in selling attractively perfumed oils than medicinal oils. When it comes to determining if an essential oil is beneficial, many retail sites having vital oils in sale rely solely on labels. However, essential oils and supplies (such as different users and carrier oils) can be found in natural food stores, skincare and aromatherapy websites, auction sites, and massive online marketplaces. Make every effort to learn about the seller's reputation before making a purchase. If you're buying essential oils online, be sure you know what you're looking for because you won't be able to smell them before you buy them. (A list of trusted retailers can be found in the Additional Resources section.)

Price Disparities

Essential oil prices vary widely because some are far more expensive to produce than others. For example, rose otto essential oil from Bulgaria is among the most costly because one ounce of pure rose otto essential oil requires nearly 600 pounds of rose petals. These delicate flowers must be carefully cultivated and meticulously maintained. They are chosen in Bulgaria each morning before the sun's rays have a chance to release the roses' perfume aromas into the air. Jasmine essential oil is also quite expensive, as a single ounce of jasmine oil requires nearly twenty days of effort. The delicate plants must be meticulously cared for, and the tiny star-shaped flowers must be hand-picked—precisely the opposite of what happens with a cheap essential oil like mint. Mint grows prolifically in various locations and requires little maintenance. It's easy to harvest with farm equipment, and there's a lot of essential oil in it.

Buying low-cost essential oils may end up costing you more in the long run. Because low-quality oils are often weaker than high-quality oils, you'll have to use more of them to obtain the same effect. Taking this into account could help you save money in the long run.

Keeping Essential Oils Safe

It's critical to keep essential oils appropriately once you've chosen them. Essential oils should always be stored in glass containers rather than plastic ones. This is because many essential oils are so potent that they cause the plastic to dissolve. This not only makes the bottles sticky, but it also allows dangerous compounds from the plastic to leak into the oils. Eyedroppers, like plastic bottles, should be kept away from essential oils since their rubber bulbs and seals can be harmed by the oils. Most essential oils will last for several years if properly maintained; in fact, certain varieties are similar to fine wines in that they improve with age. The patchouli that has been carefully preserved for several years has a deep scent unmistakably different from fresh patchouli oil. With age, benzoin, clary sage, vetiver, and sandalwood all improve. Essential oils from citrus fruits, such as orange, lemon, and grapefruit, tend to lose potency with time. When refrigerated in dark-colored glass containers, they last longer. Keep essential oils away from direct sunlight and heat sources, regardless of which type you like, because both sunlight and heat can cause them to lose their efficacy.

PRECAUTIONS AND SAFETY TIPS

While certain essential oils can be consumed, others are only good for topical use or aromatherapy. Keep all essential oils out of reach of children and pets, and never apply concentrated essential oils to mucous membranes or sensitive regions, in addition to the crucial advice and precautions listed below. Also, if you have an allergy to a particular food, avoid using essential oils or carrier oils from the same plant as the allergen.

Perform a patch test

Never presume that an essential oil's qualities are identical to those of the plant extracted from it. Conduct a patch test before using new essential oil, even if you are familiar with the plants and have used them before. Apply a small amount of diluted essential oil to your inner arm to do this. If redness or irritation arises within a few hours or as long as twenty-four hours, do not use the essential oil.

Essential Oils and Your Skin

Essential oils should only be applied neat on rare occasions (undiluted). Some, such as those derived from conifer and citrus trees, have severe caustic properties and come with dilution rate warnings. To avoid chemical burns, carefully follow the directions. When utilizing essential oils, people with sensitive skin or allergies should be extra

cautious. The skin on the soles of the feet is the least sensitive on the body, therefore utilizing essential oils here is less likely to irritate. Once you've successfully used oil on the soles of your feet, try a small quantity elsewhere on your body to see if you like it enough to utilize it for more extensive topical use. When applying essential oils to skin that has come into contact with synthetic chemicals in cleansers or personal care products, caution is advised. Many petrochemical-based products enter the skin and underlying fatty tissue, staying for days to weeks. Nausea, skin irritation, headaches, and other unpleasant side effects might develop when essential oils mix with these substances. Essential oils can react with contaminants in the body that have accumulated due to chemicals in the water we drink, the food we eat, and the environment we live in. If you have an allergic reaction to essential oils, cease using them immediately and seek medical help if necessary.

Before beginning any aromatherapy regimen, many people choose to do internal detoxification cleanses. Simply increasing your water intake by a factor of two can assist your body to rid itself of pollutants; use filtered water and avoid drinking water from plastic bottles.

Sun Protection with Essential Oils

Some essential oils, such as bergamot, petitgrain, and most citrus oils, are phototoxic, which means that when they are applied to skin that is subsequently exposed to sunshine, they can cause severe sunburn-like discomfort. They should not be used to skin exposed to direct sunlight within 48 hours of application.

In the event of an Essential Oils-Related Mishap, Cover the region with a carrier oil or an oil-based cleanser to eliminate undesirable essential oils from the skin. Repeat the process with soap and warm water until the oil has been completely gone. If essential oil goes into your eyes, flush them with vegetable oil or cold milk to dilute them. If you have contact lenses, remove them first. Seek medical help if the stinging lasts more than a few minutes. Some essential oils, such as mint, orange, and Basil, can ingest small amounts; however, most are only for external use. If you inadvertently take an essential oil, contact your local poison control center.

TEN OF THE MOST COMMONLY ASKED ESSENTIAL OIL QUESTIONS

1. Q: Is there a mechanism for grading essential oils?
A: Essential oils do not have any kind of grading system.
2. Q: Is it feasible to use essential oils for aromatherapy by burning them?
A: It's ideal to use a diffuser, which softly warms and distributes essential oils into the air.
3. Q: How do essential oils that have been applied topically enter the body?
A: Because the skin is a porous organ, essential oils can easily penetrate it. The oils are transported throughout the body once they enter the bloodstream.
4. Q: Should pregnant women avoid essential oils?
A: Before using any sort of essential oil during pregnancy or breastfeeding, always consult a physician and certified aromatherapist.
5. Q: What is aromatherapy oil, exactly?
A: An aromatherapy oil has already been diluted before being purchased. Typically, these oils include 98 percent carrier oil and 2% essential oil.
6. Q: Do doctors ever employ essential oils in the treatment of their patients?
A: Essential oils are used by many health practitioners, including doctors, as part of holistic health practice.
7. Q: What is the English aromatherapy method?
A: Essential oils were traditionally administered topically by the English. This is why the English approach is often known as a topical application.
8. Q: Is it possible to deliver essential oils intravenously?
A: Essential oil-based treatments are injected and delivered intravenously in several countries. In the United States and Canada, these approaches are not accepted.
9. Q: Why do so many essential oils have long and cryptic names?

A: Essential oils are labeled with both their common and Latin names, which are made up of the genus and species of the plant.

10. Q: What is the average amount of essential oil in a bottle?

A: The vast majority of essential oils are packaged in 10-milliliter bottles. Depending on the distributor's usual standards, some of the most popular essential oils, such as mint, lavender, and orange, are also available in more significant volumes.

CHAPTER THREE

BLENDING ESSENTIAL OILS

HOW TO MAKE A BLEND

It's not difficult to blend essential oils, but a few things to keep in mind. First, think about what kind of therapeutic effect you want the essential oil to have. Oils that are strengthened when blended with others make the best mixtures. Second, think about the essential oil blend's sequence. If you've ever cooked or baked, you'll know that ingredients must be put in a specific order for the most significant results. Essential oils follow the same rule. Chemical reactions change when you change the sequence, and the end products (including the scent) may differ from the original blend recipe. Don't worry if the prospect of combining several different essential oils is intimidating; there are numerous well-produced essential oil blends available. However, the dishes in this book are not difficult to prepare, so give a few of them a try. Blending essential oils, like cooking and baking, becomes second nature after a while if you do it often enough.

Fragrances may be found all across the ancient world. Pliny the Elder gave lists of components for crafting personalized perfumes in his book *Natural History* and discussed instruments and techniques for blending fragrances.

Two Essential Oil Blending Rules

When blending essential oils, there are two fundamental rules to remember. While it is not necessary to memorize these criteria, doing so will aid in the creation of superior blends. For starters, essential oils with a lighter, thinner stream when poured are more fragrant (volatile) than those with a broader stream. These oils have smaller molecules and are more delicate than their viscous equivalents. Second, light, small molecules are absorbed faster by the body than larger, heavy molecules. The quicker a mix is metabolized, the smaller the molecules it comprises. Larger molecules, on the other hand, have the opposite effect. These are slowly absorbed and stay in the system for a more extended period. These two laws are essential because when heavy molecules are combined with lighter molecules, they synergize, allowing them to stay in the body for longer. This is just as crucial when making therapeutic blends as it is when making essential fragrances and aromatherapy blends that are meant to be used regularly. The heavier oils, which help stabilize the lighter, more volatile oils, are known as fixatives or fixing oils in the perfume industry. Healing oils such as sandalwood, myrrh, and ylang-ylang are ideal examples.

Organizing Notes

The best blends have a variety of notes. Top notes are, as you might expect, the lightest oils used in aromatherapy. The tricky part is that the heavier oils are classified as middle notes. Base notes are the ones in the middle. It's advisable to choose oils from each of the classifications rather than combining three top notes or three middle notes. This method allows you to make mixes that are neither too heavy nor too volatile. The personifier, the enhancer, the equalizer, and the modifier are four properties considered in a second technique for identifying essential oils, rather than three. When utilizing this approach for blending, make sure to follow the same steps each time to get consistent results.

The Personifier

The Personifier oils should be used initially and should account for between 1 and 5% of the total combination. Clove and clary sage are two personifiers. These essential oils have a strong, pungent aroma that lingers, as well as a powerful medicinal effect.

The Booster

These oils are added last and should account for 50 to 80 percent of the total combination. Enhancers include tea tree and Melissa, dominating in the blend and having stronger scents than the others.

Equalizer

Equalizer essential oils are added last and should make up between 10% and 44% of the blend. They feature vibrant

smells that last for a shorter period than the other combinations. Tea tree is occasionally used as an equalizer, while oregano is a great adjuster.

Modifier

Modifier essential oils are added last to the blend and should make up between 5 and 8% of the total volume. Modifier essential oils include rose otto and grapefruit. The subtle fragrances of these oils bring balance to a combination.

OILS FROM CARRIER CARRIER CARRIER CARRIER CARRIER

Essential oils and essential oil mixes are diluted with carrier oils. Carrier oils include sweet almonds, sesame, grapeseed, coconut, wheat germ, and sunflower oils. They can be used alone or blended to create a texture and scent that is appealing and balanced. Carrier oils such as passionflower, avocado, and jojoba are also popular. In most therapeutic mixes, twenty to thirty drops of essential oil are added to around half an ounce of carrier oil. Once you've mastered the art of blending, modifying mix is a breeze—all it's a question of taste.

Carrier oils should be of good quality, and natural oils are preferred over synthetic oils. It makes no sense to buy therapeutic-grade essential oils and blend them with a low-grade gel, oil, or lotion.

The majority of flower oils are volatile essential oils. Sunflower oil is a carrier oil with a color spectrum ranging from extremely pale yellow to dark amber. It is high in vitamins A, D, and E, which are incredibly beneficial to the skin.

TEN BLENDING ADVICE AND WARNINGS

1. Make sure your blends are appropriately stored. They'll survive more extended if you keep them in dark-colored glass containers out of direct sunlight and away from heat sources.
2. Always allow a small amount of room in the bottle for the oil to breathe.
3. When combining essential oils, use nonmetallic tools. Glass droppers and rods are ideal because they don't leach chemicals into your mixtures.
4. To minimize breakage when adding essential oil or an essential oil mix to a carrier oil, pour half of the carrier oil into the storage container before adding the essential oils. Add the second half of the carrier oil after that. To blend, cover the mixture and gently tilt it back and forth. This not only helps to avoid mishaps but also provides a consistent blend.
5. While many blends last long, anything containing citrus oils older than six to nine months should not be applied to the skin. Small amounts will assist you in avoiding wasting food.
6. Use a range of essential oils and rotate them regularly to avoid sensitivity and skin irritation. If you use the same mix three days in a row, you should switch to a different blend for the next three days.
7. If you have an allergy to a particular food, avoid using essential oils or carrier oils from the same plant as the allergen.
8. When diluting essential oils, always follow the manufacturer's directions. On the bottle, these directions should be found.
9. While preblended essential oils are convenient, their shelf life is lower than that of single pure essential oils; if you decide to buy them, buy-in modest quantities and use them immediately.
10. When it comes to blending and using essential oils, less is more. Excessive use of a particular oil can have negative consequences. Start with a tiny amount, especially if you're new to aromatherapy.

WHERE DO I GET ESSENTIAL OILS, AND HOW DO I USE THEM?

It is critical to have a precise aim in mind before using essential oils. Do you want to lift your spirits, or do you want to unwind? Perhaps you're seeking an effective natural solution for a pounding headache, or you'd like to create a bath product blend with all-natural ingredients. In any event, double-check that the oils you're using are appropriate for the task at hand. Before you begin, make sure you read the precautions for each essential oil. In addition, properly dilute the oils, learn about any side effects linked with each oil, and keep an eye out for any adverse

reactions. Inhalation, ingestion, and topical application are the three ways essential oils enter the body. There are a variety of application methods that can be employed inside each of these ways. You can massage essential oils into the skin, add them to a bath, spritz them on, or use compresses to apply them topically.

APPLICATION METHOD SELECTION

The ideal application method for any specific essential oil or combination is determined by the essential oil and the desired effect. Most essential oils may be inhaled, while many others can be used topically, and a few can be consumed. Consider the ailment you want to treat as well as the desired effect when choosing your application strategy. For example, if you need to treat a wound, you'll most likely use essential oils topically. Topical application or inhalation is the most effective method of application if you wish to improve your mood. When you take a hot bath and add an aromatherapy blend to the water, you're applying the essential oil topically and inhaling it as the molecules rise on the steam from the tub.

Inhalation

Inhaling essential oils can be done in a variety of ways. They can be inhaled directly from the bottle, placed on a cloth, or poured into a bowl of hot water and inhaled as steam. Hold the fabric to your nose and inhale deeply three times, expelling entirely between each inhale using a material. Ensure you don't touch your face with the towel, primarily if the essential oil you're inhaling isn't meant to be applied topically. Start by heating the water to a quick simmer if placed in a bowl of hot water and inhaled as steam. Pour it into a big mixing basin with caution and two to three drops of essential oil. Place yourself at a table and throw a towel around your neck. Then, like a tent, position your face over the bowl and pull the towel up and over your head. For a few moments, take calm, deep breaths. This procedure, especially if you add eucalyptus essential oil, is excellent for relieving congestion. Simply uncap the bottle and place it near your nose, being cautious not to come into touch with your face, to inhale an essential oil directly from the bottle. Inhale and exhale three times, keeping your breathing slow, deep, and equal. Essential oils have both psychological and physical benefits when inhaled into the lungs. Many soothing oils, such as rose otto, chamomile, or sandalwood, can help relieve tension, primarily when used in combination. And developing a pleasurable sense of emotional equilibrium can have a therapeutic effect on the physical body, alleviating symptoms produced by excessive stress. The scent of essential oil can activate a specific reaction in the brain, such as relaxation or enhanced attention, and the naturally occurring chemical contents can provide therapeutic benefits. Using mandarin essential oil and breathing deeply, for example, is a fantastic approach to relieve tension.

Diffusion

There are various essential oil diffuser types to choose from, but they all work on the same basic premise. After filling the dif user with water and adding a few drops of essential oil, the dif user is activated. As the water heats up, steam carrying tiny droplets of essential oil enters the room, and you inhale the essential oil as you breathe. Some people use a candle to keep warm, while others use electricity.

Ingestion

People have used scented water produced from distilled flowers or essential oils for millennia as a mouth rinse. Marie Antoinette's servant smuggled various hygiene items to her just before her execution in 1793, including a vial of scented water to clean her teeth.

Several essential oils are entirely safe to consume. Add a few drops of the chosen essential oil to water or herbal tea for a refreshing and cleansing drink that can also be used to treat various conditions, keeping in mind that any essential oils used for ingestion must be therapeutic-grade. Lemon essential oil, for example, is a popular natural cold cure that is also good for detoxing the body. Indigestion can be relieved by mixing one or two drops of lemon essential oil with a freshwater glass. Grapefruit essential oil can help the body's lymphatic system operate better and is an appetite stimulant when consumed. Take one or two drops of grapefruit oil with a glass of cold water at a time. Peppermint essential oil is probably the most popular of all the essential oils that may be consumed. This pleasant oil, commonly found in candies and chewing gum, has also been used for millennia to cure cold symptoms, nausea, and indigestion. Though you may be tempted to consume peppermint oil straight, this may cause pain. For optimal benefits, combine a drop or two with a glass of water or herbal tea.

Application to a Current Issue

When you apply essential oil to your skin, it eventually makes its way into your bloodstream. It can relieve pain, soothe indigestion, and push toxins out of the body's cells as it passes through the body. Essential oils and the carrier oils used to dilute them are frequently beneficial to the skin and hair, making them perfect for regular beauty routines. Because essential oils are potent and concentrated, it's crucial to dilute them correctly before using them. Some of the most familiar carrier oils include grapeseed oil, sweet almond oil, and apricot kernel oil, which nourish and moisturize the skin. Essential oils are natural deodorizers, and some, like tea tree oil, are known for their skin toning and cleansing effects. These oils are not only enjoyable to use as part of a daily routine, but they are also fantastic substitutes for expensive commercial cosmetics. Baths, massages, compresses, and face steams are all lovely on their own. Still, when you add essential oils, they take on a new aesthetic dimension that elevates even the most critical beauty routines to the level of a fantastic spa treatment. Essential oils can go a long way in applications like these. Adding a few drops of grapefruit or lavender oil to your preferred skin-softening carrier oil and then sprinkling a tiny quantity of the mixture into a warm bath will help you relax and unwind after a long day.

Bathing was a beautiful skill for the ancient Romans. Scented water produced with rose petals and other flowers was such a luxurious treat that scented water fountains were finally erected in public places for spectator enjoyment.

Other Techniques

There are a few alternative ways to use essential oils if none of the above methods work for you or if you find yourself in a pinch.

Humidifier

Fill your humidifier with filtered water that has been cleaned. Apply a few drops of essential oil to a rag and drape it over the steam vent. This process works similarly to a diffuser, but the important oil molecules are often propelled further. Do not put essential oils into your humidifier directly. It will just float on the surface of the water and may damage the machine.

Evaporation in the absence of moisture

Simply place a few drops of essential oil onto a cotton ball, folded tissue, or cloth and let it evaporate. If you like, you can inhale profoundly or simply have the cotton ball nearby—for example, next to your computer while working.

Enjoy a dose of aromatherapy while freshening the air instead of using chemical-laden room sprays. Fill a clean sprayer with filtered water and a few drops of your favorite essential oil (that has never contained chemicals). Shake well to combine, then spritz away!

TO GET YOU STARTED, HERE ARE TEN TOOLS

You don't need a diploma or certificate to start reaping the benefits of utilizing essential oils regularly if you're new to them. To get you started, here are ten resources.

1. **Droppers** that are precise Make sure you buy the right amount of essential oil and don't waste any. Buy a couple of droppers so you'll always have one on hand.
2. **Dark-colored glass containers** shield your mixes from harsh light and guarantee that they keep their efficacy for as long as possible. The best glass bottles are blue, green, or brown. Collect a range of sizes and shapes; these will serve as safe storage as you gain confidence in crafting your recipes.
3. **For blending essential oils**, nonmetallic instruments are recommended. Glass rods can be found for a few bucks on the internet.
4. While simple glass bowls from your kitchen are fine for making pleasant aromatherapy mixtures at first, having bowls specialized to essential oil use is preferable.
5. **Pouring blends into bottles** is simple with a glass funnel.
6. Have at least one type of carrier oil on hand, and consider getting a few more to see which one you prefer.
7. A **diffuser** is a great thing to have on hand because diffusers are one of the most convenient ways to experience aromatherapy. Many people who use essential oils regularly keep a few different users in various spots throughout the house and, of course, in the car.
8. **Make fresh-smelling, healthful room sprays** with a glass spray bottle or two.

9. You'll require storage space for your essential oils. While an upper shelf may work, the small bottles are easily misplaced or knocked over, so a critical oil portfolio is a valuable item to have on hand. These padded portfolios will keep your essential oils safe and organized.
10. Labels are essential for identifying mixes and preventing mix-ups. Keep a tiny notebook with basic information about the essential oils you have on hand, as well as information about the blends you've made, especially as your knowledge base grows.

CHAPTER FOUR

THE APOTHECARY OF NATURE

Essential oils come in hundreds of variations, each with its chemical signature and capacity to enhance well-being. The essential oils in this chapter have undergone extensive research and are well-known for their efficacy and safety. If at all feasible, use therapeutic-grade essential oils, and check each oil's Latin name before buying to guarantee you're getting the benefits you want.

Allspice (*Pimenta cinalis*)

DESCRIPTION: This cocoa-brown essential oil, which has a thin viscosity and is a middle note in aromatherapy blends, is warm and spicy.

ORIGIN: Central America, Greater Antilles, Southern Mexico.

PROPERTIES: Analgesic, anesthetic, antibacterial, antifungal, antioxidant, antiseptic, antiviral, aphrodisiac, carminative, a stimulant.

APPLICATION: Before using, dilute three drops of allspice essential oil in one ounce of carrier oil. It's only suitable for topical use and diffusion because it can irritate the nasal lining if inhaled directly.

THE PRIMARY USES: Stiffness, arthritis, and rheumatism pain are relieved; stomach and muscular cramps are relieved; coughs and bronchitis are relieved; nausea and indigestion are relieved; nervousness and tension are reduced, and mood is elevated.

BLEND WITH: Bay, bergamot, black pepper, carrot seed, clove, geranium, ginger, lavender, neroli, patchouli, orange, ylang-ylang.

SAFE USE: Internal use of allspice essential oil is not recommended. It should also be diluted before inhalation or topical administration because of mucus membrane and skin irritants.

Angelica Root (*Angelica arcangelica*)

DESCRIPTION: Angelica root essential oil has a thin viscosity and is pale yellow. It is sometimes referred to as "female ginseng." In aromatherapy, it is utilized as a base note.

ORIGIN: Canada, Hungary, Siberia.

PROPERTIES: Antibacterial, antifungal, antispasmodic, carminative, depurative, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, tonic.

APPLICATION: Before using, dilute angelica root essential oil 50:50. It can be used topically, eaten, inhaled, or inhaled.

PRIMARY APPLICATIONS: Brightens dull skin; relieves psoriasis symptoms; detoxifies the body by eliminating water retention; calms gout; relieves coughs and colds; and relieves premenstrual symptoms and menstrual cramps. Angelica root essential oil promotes a link with the divine and encourages the release of suppressed memories and unpleasant emotions when used in meditation.

BLEND WITH: Cedar, chamomile, clary sage, German chamomile, grapefruit, juniper, lemon, oakmoss, orange, patchouli, Roman chamomile, tangerine, vetiver.

Because angelica root essential oil is phototoxic, it should not be exposed to the sun for at least 24 hours after usage. It's also not good to use essential oil from angelica root before going outside because it can attract insects. Angelica root has been used to treat plague in the past. It was once known as "angel oil" and was thought to be celestial in origin. It was named after the Archangel Michael since it blooms around his feast day.

Basil (*Ocimum basilicum*)

DESCRIPTION: Basil essential oil is a thin, clear-colored oil with a pleasant spicy aroma reminiscent of licorice. It is classified as a top note in aromatherapy.

ORIGIN: France, Hungary, United States, Vietnam.

PROPERTIES: Antibacterial, antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, tonic.

APPLICATION: Basil essential oil has a wide range of applications. It can be consumed, cooked with, applied topically, and inhaled or diffused.

PRIMARY APPLICATIONS: Relaxes muscles; relieves rheumatic symptoms; reduces colds, coughs, headaches, and bronchitis; stimulates digestion; avoids flatulence; relieves gout; repels insects. Basil essential oil enhances mental clarity and stimulation. It can encourage trust, openness, and enthusiasm while also releasing sluggish energy when used in meditation.

BLENDS WITH: Bergamot, citronella, citrus, clary sage, geranium, hyssop, lemongrass, mandarin, orange, peppermint, rosemary, spearmint, tangerine.

USE WITH CONFIDENCE: Before topical use or diffusion, dilute basil essential oil 50:50.

Basil essential oil should not be used by pregnant women or those who have epilepsy. It could irritate your skin.

Bergamot (Citrus bergamia)

DESCRIPTION: The perfume of this golden-green essential oil is fresh and citrus-like, with floral overtones. It is classified as a top note in aromatherapy mixtures.

ORIGIN: Mediterranean countries, United States.

PROPERTIES: Analgesic, antibacterial, antidepressant, antiseptic, antispasmodic, astringent, carminative, deodorant, digestive, diuretic, expectorant, febrifuge, laxative, sedative, stimulant, tonic, vermifuge, vulnerary.

APPLICATION: Add one part of bergamot essential oil to four parts carrier oil to make a dilution. This essential oil can be used for direct inhalation and consumption and diffusion and topical application when diluted.

PRIMARY APPLICATIONS: Alleviates unpleasant skin disorders such as acne, abscesses, psoriasis, and boils; relieves itchy skin; balances oily skin; soothes insect bites and cold sores; avoids halitosis; fosters feelings of peaceful relaxation; lowers stress and anxiety. Bergamot essential oil can aid in smoking cessation and support healthy detoxification from drug and alcohol addiction when used in meditation.

BLENDS WITH: Allspice, Basil, cardamom, chamomile, citronella, citrus, clary sage, clove, coriander, cypress, frankincense, geranium, German chamomile, ginger, grapefruit, helichrysum, Holy Basil, jasmine, juniper, lavender, lemon lemongrass, marigold, Melissa, myrrh, myrtle, neroli, nutmeg, oakmoss, orange, palmarosa, palo santo, patchouli, petitgrain, Roman chamomile, rosemary, rose otto, sandalwood, Scots pine, vetiver, violet, yarrow, ylang-ylang.

USE WITH CONFIDENCE

Although bergamot essential oil is usually regarded harmless, it is not recommended for children under five. Applying bergamot essential oil without diluting it can irritate the skin, and repeated usage might induce contact sensitization. Because it is highly phototoxic, direct sunlight and UV light should be avoided for 72 hours after use. Earl Grey tea gets its characteristic flavor from the bergamot. Bergamot is also a common perfume ingredient, appearing in around a third of all colognes and half of all fragrances.

Black Pepper (Piper nigrum)

DESCRIPTION: Black pepper oil has a rich, green smell and, unlike crushed black peppercorns, does not irritate the eyes or induce sneezing. When used in aromatherapy, this crisp, fresh-smelling essential oil has a thin consistency and is classified as a middle note.

ORIGIN: China, India, Indonesia, Madagascar, Malaysia.

PROPERTIES: Analgesic, antifungal, anti-catarrhal, anti-inflammatory, antiseptic, aphrodisiac, expectorant, laxative, stimulant (circulatory, digestive, nervous), warming.

APPLICATION: Black pepper essential oil can be applied topically or inhaled directly. It can also be taken as a food

supplement or used topically. Before using or applying topically, dilute black pepper essential oil 50:50.

PRIMARY APPLICATIONS: Improves circulation; reduces muscle aches and pains; relieves nausea and indigestion; prevents flatulence; promotes metabolism; stimulates the endocrine system. It relieves concern, relaxes anxiety, and aids in releasing negativity and realizing self-worth when used in aromatherapy and meditation. Black pepper essential oil can also be used in cooking; a small amount goes a long way.

BLEND WITH: Allspice, cardamom, clary sage, cypress, frankincense, grapefruit, helichrysum, jasmine, juniper, lavender, lemon, lemongrass, lime, mandarin, myrtle, orange, palo santo, peppermint, Peru balsam, rosemary, rose otto, sandalwood, tangerine, vetiver, yarrow.

SAFE USE: The essential oil of black pepper is usually thought to be harmless. If used undiluted, it can cause severe skin irritation. Indian monks devoured many peppercorns every day while on pilgrimages. They felt that the peppercorns would increase their physical stamina, allowing them to complete their journeys.

Blue Cypress (*Callitris intratropica*)

DESCRIPTION: The essential oil of blue cypress has a thin viscosity and a clear to pale yellow color with a blue tint. It has a fresh, sweet aroma with distinct undertones of lemon and cedar.

ORIGIN: Australia

PROPERTIES: Anti-inflammatory, antiviral, insecticide, stimulant.

APPLICATION: Before using blue cypress essential oil on the skin or in a diffuser, dilute it 50:50. It can be inhaled straight from the bottle.

THE PRIMARY USES: Mild pain and skin rashes, including eczema, are relieved; viral symptoms, flu, and colds are relieved; insects are repelled; abdominal cramps are reduced; and good digestion is promoted. Blue cypress is a grounding and balancing plant. It aids in the discharge of mental irritability and restlessness when administered during meditation. It also encourages critical thinking.

BLEND WITH: Blood orange, cedar, eucalyptus, laurel, rosemary, sandalwood.

SAFE USE: Blue cypress essential oil should never be used on the skin without diluting it since it might irritate.

Cardamom (*Elettaria cardamomum*)

DESCRIPTION: Cardamom essential oil is a sweet and spicy oil with a thin viscosity and a transparent hue. It is utilized as a middle note in aromatherapy.

ORIGIN: Guatemala, India, Sri Lanka

PROPERTIES: Antiseptic, antispasmodic, carminative, cephalic, digestive, diuretic, laxative, nervine, stimulant, stomachic.

APPLICATION: Cardamom essential oil has a lot of uses. It can be taken internally, directly breathed, or mixed 50:50 with a carrier oil and used topically.

PRIMARY APPLICATIONS: Eliminates halitosis and flatulence; relieves headaches, sciatica, and sinus infections; abdominal discomfort, heartburn, vomiting, and indigestion. The scent of cardamom essential oil is pleasant and refreshing, and it helps to clear the mind. It helps to relieve tension, release trauma, and embrace new ideas when used in meditation.

BLEND WITH: Bay, bergamot, black pepper, caraway, cinnamon, clary sage, clove, coriander, fennel, ginger, grapefruit, jasmine, lemon, lemongrass, mandarin, neroli, orange, palmarosa, patchouli, petitgrain, sandalwood, vetiver, ylang-ylang.

SAFE USE: The essential oil of cardamom is usually believed to be harmless. Irritation can occur if the product is administered to the skin without being diluted.

Carrot Seed (*Daucus carota*)

DESCRIPTION: Carrot seed essential oil, often known as wild carrot, has a yellow-gold color and a thin to medium

viscosity. Its scent is woody and earthy, and many people find it offensive on its own. It is classified as a medium note in aromatherapy.

ORIGIN: France, Hungary, India

PROPERTIES: Antiseptic, carminative, depurative, diuretic, emmenagogue, hepatic, stimulant, tonic, vermifuge.

APPLICATION: Before using, mix carrot seed essential oil with a carrier oil in a 50:50 ratio. It can be taken orally as a nutritional supplement, inhaled directly, or applied topically.

PRIMARY APPLICATIONS: Sunburn, rheumatism, and psoriasis discomfort are relieved; wrinkles are reduced; oily skin is toned; eczema irritation is diminished; the liver is detoxified, and water retention is avoided. Essential oil of carrot seed is excellent for fostering thankfulness. It facilitates the discharge of negativity and encourages self-acceptance when used in aromatherapy and meditation.

BLEND WITH: Allspice, cedarwood, cinnamon, citrus, geranium, nutmeg.

SAFE USE: Carrot seed essential oil is widely considered to be safe. There are no special precautions recommended. Carrot seeds were thought to have contraceptive qualities in ancient times. Hippocrates and other physicians suggested carrot seeds to people seeking birth control.

Catnip (*Nepeta cataria*)

DESCRIPTION: Catnip essential oil is a pale yellow to orange oil with medium viscosity and a wonderful herbaceous perfume with a minty undertone. When employed in aromatherapy blends, it is classified as a middle note.

ORIGIN: Canada, United States

PROPERTIES: Anesthetic, anti-inflammatory, antirheumatic, antispasmodic, astringent, carminative, diaphoretic, insecticide, sedative, tonic.

APPLICATION: Before using catnip essential oil to the skin, dilute it 50:50 in a carrier oil. It can be immediately breathed or diffused.

PRIMARY APPLICATIONS: Relieves the pain of arthritis, rheumatism, and minor injuries, as well as repelling insects. The main ingredient in catnip, nepetalactone, has been more effective than DEET at repelling mosquitoes and other insects. As one might think, cats adore catnip essential oil; dab a small quantity on a favorite toy for optimum enjoyment.

BLEND WITH: Grapefruit, lavender, lemon, marjoram, orange, peppermint, rosemary, spearmint.

SAFE USE: Catnip pregnant women and newborns should avoid essential oil and young children.

Chamomile (*Matricaria recutita*)

DESCRIPTION: Chamomile essential oil is a dark blue liquid with a thin consistency and a pleasant, grassy scent with fruity undertones. When it comes to aromatherapy, it's classified as a medium note.

ORIGIN: Afghanistan, Canada, Europe, Iran, United States

PROPERTIES: Analgesic, anesthetic, anti-infectious, anti-inflammatory, antioxidant, antispasmodic, decongestant, digestive tonic, hormone-like, relaxant.

DESCRIPTION: Chamomile essential oil is a deep blue liquid with a thin consistency and a pleasant, grassy scent with fruity overtones. It's a middle note in aromatherapy.

PRIMARY APPLICATIONS: It cures itchy skin, reduces chronic stress, relieves headaches and migraines, eliminates sleeplessness, relieves premenstrual tension and menopausal symptoms, increases emotions of serenity and dispels rage.

BLEND WITH: Angelica root, benzoin, bergamot, citrus, clary sage, clove, cypress, eucalyptus, frankincense, geranium, helichrysum, jasmine, lavender, lemon, lemon tea tree, marjoram, Melissa, mountain savory, myrrh, myrtle, neroli, nutmeg, oakmoss, palmarosa, patchouli, rosemary, rose otto, sage, sandalwood, spearmint, spruce, tea

tree, yarrow, ylang-ylang.

SAFE USE: The essential oil of chamomile is generally thought to be harmless. Topical application may irritate people with sensitive skin.

Cinnamon (*Cinnamomum verum*)

DESCRIPTION: Cinnamon essential oil is a medium-bodied oil with a strong cinnamon aroma and a golden to yellow-brown color. It is classified as a middle note when used in aromatherapy.

ORIGIN: Sri Lanka

PROPERTIES: Antibacterial, anticoagulant, antidepressant, antifungal, anti-infectious (urinary, intestinal), anti-inflammatory, antimicrobial, antioxidant, antiparasitic, antiseptic, antiviral, astringent, warming.

APPLICATION: Dilute cinnamon essential oil 20:80 (one component cinnamon oil to four parts carrier oil) with a carrier oil. It can be utilized in a variety of ways, including topically and as a nutritional supplement.

PRIMARY APPLICATIONS: Urinary and intestinal discomfort are relieved; the immune system, circulatory system, and libido are stimulated; coughs are relieved; cold and flu symptoms are alleviated; inflammation is soothed; circulation is increased; diabetes symptoms are mitigated. Some people believe that cinnamon essential oil attracts money. It aids in transforming thought, releases anger and frustration, and aids in the alleviation of all forms of addictions when taken in meditation.

BLEND WITH: Cardamom, carrot seed, frankincense, jasmine, lemon tea tree, mandarin, orange, palo santo, rosemary, rose otto, tangerine, tea tree, ylang-ylang.

Cinnamon essential oil is highly potent and, if used neat, can cause severe skin irritation. The cinnamon essential oil should not be inhaled directly since it can burn sensitive nasal passages. Cinnamon essential oil is one of the most well-known essential oils. It was written down in the Ebers Papyrus, one of the first Egyptian medical manuscripts. It dates from around 1550 BCE and contains over 700 cures for anything from asthma to gastritis and instructions on embalming the deceased properly to ensure that they are properly a good afterlife.

Citronella (*Cymbopogon nardus*)

DESCRIPTION: Citronella essential oil is a thin, transparent oil with a slightly fruity, sweet perfume and a vital citrus characteristic utilized as a top note in aromatherapy blends.

ORIGIN: Java, Sri Lanka, Vietnam

PROPERTIES: Analgesic, antibacterial, antifungal, antiseptic, antispasmodic, astringent, deodorant, diaphoretic, diuretic, febrifuge, insecticide, stimulant, tonic.

APPLICATION: Before using or using topically, dilute citronella essential oil 50:50 with a carrier oil. It is acceptable for use as a food supplement and can be breathed immediately.

PRIMARY APPLICATIONS: Repels insects; reduces cold and flu symptoms; addresses acne and greasy skin; improves muscle pain, weariness, headaches, and migraines.

BLEND WITH: Basil, bergamot, cedar, citrus, geranium, Holy Basil, rosemary, sandalwood, Scots pine.

SAFE USE: Pregnant women should avoid coming into touch with citronella essential oil. It's also best to avoid it if you have heart disease to raise your heart rate. Please do not apply to the skin without first diluting it since this can irritate.

Clary Sage (*Salvia sclarea*)

DESCRIPTION: This light golden-yellow oil has a thin to medium consistency and a refreshing grassy aroma with mild fruit and earth overtones. When employed in aromatherapy blends, it is classified as a middle note.

ORIGIN: Bulgaria, France, United States

PROPERTIES: Antibacterial, antidepressant, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, deodorant, digestive, euphoric, sedative, stomachic, vulnerary.

APPLICATION: Before using or using clary sage essential oil externally, dilute it 50:50 with a carrier oil. It is acceptable for use as a food supplement and can be breathed immediately.

PRIMARY APPLICATIONS: Premenstrual symptoms, menstrual cramps, premenopausal symptoms, and hormonal imbalances are relieved; cholesterol levels are improved; sleeplessness is relieved; circulation is improved; tired eyes are reduced when added to eyewash; bronchitis symptoms are alleviated; the mood is lifted. Clary sage essential oil offers a moderate sense of exhilaration and calms the mind. It improves increased creativity and focuses when used in meditation. It's also used to help people have more vivid dreams.

BLEND WITH: Angelica root, Basil, bay, bergamot, black pepper, cardamom, chamomile, clove, coriander, cypress, frankincense, geranium, German chamomile, grapefruit, helichrysum, Holy Basil, hyssop, jasmine, juniper, lavender, lemongrass, lemon tea tree, lime, mandarin, melissa, myrtle, neroli, nutmeg, oakmoss, orange, palmarosa, patchouli, petitgrain, Roman chamomile, rosemary, rose otto, sandalwood, Scots pine, spikenard, spruce, tangerine, tea tree, vetiver, yarrow, ylang-ylang.

SAFE USE: The essential oil of clary sage is usually considered to be harmless. If used undiluted, it might irritate the skin, and it should never be used around the eyes. Pregnant women and children under the age of six should avoid clary sage oil. Clary sage takes its name from the moniker "clear eye" given to it by medieval authors because of its ability to repair visual disorders. It was also employed as a hops substitute in ale manufacturing, similar to chamomile, and it was added to wine to heighten the drinker's sense of intoxication.

Clove (Syzygium aromaticum)

DESCRIPTION: Clove essential oil has a spicy, warming scent and a golden to yellow-brown hue and is also known as clove bud essential oil. Clove essential oil is a middle note in aromatherapy blends because of its medium, slightly greasy viscosity.

ORIGIN: Indonesia, Madagascar, Sri Lanka

PROPERTIES: Analgesic, antiaging, antibacterial, anticoagulant, antifungal, anti-inflammatory, antimicrobial, antioxidant, antispasmodic, antiseptic, antiviral, carminative, expectorant, insecticide, a stimulant.

APPLICATION: Add one part essential oil to four parts carrier oil to make a 20:80 dilution of clove essential oil. Clove essential oil can be used in various ways, including ingesting it or applying it topically.

PRIMARY APPLICATIONS: Numbs the pain of arthritis and rheumatism; calms insect bites and bee stings; and relieves inflammation and digestive disorders such as diarrhea, nausea, and vomiting. Naturopaths use clove essential oil to treat lupus, hepatitis, viral infections, cataracts, skin cancer, and thyroid problems. Clove bud essential oil promotes the release of negativity and acceptance of self-worth when used in aromatherapy and meditation.

BLEND WITH: Allspice, bay, bergamot, cardamom, chamomile, clary sage, geranium, German chamomile, ginger, grapefruit, helichrysum, jasmine, lavender, lemon, lemon tea tree, mandarin, myrrh, myrtle, orange, palmarosa, patchouli, petitgrain, Roman chamomile, rose otto, sandalwood, spikenard, tangerine, tea tree, vanilla, wintergreen, ylang-ylang.

SAFE USE: Clove essential oil is quite potent. Never inhale it straight since it can irritate your nasal passages, and never apply it to your skin undiluted because it can cause significant skin irritation. This essential oil has anticoagulant properties and can boost the effects of blood thinners such as aspirin, heparin, warfarin, and others.

Cypress (Cupressus sempervirens)

DESCRIPTION: Cypress essential oil is pale yellow and has a thin viscosity. It has an evergreen aroma with undertones of wood and herbs. It is classified as a middle note in aromatherapy mixtures.

ORIGIN: France, Morocco, Spain

PROPERTIES: Antibacterial, anti-inflammatory, antiseptic, antispasmodic, astringent, deodorant, diuretic, emmenagogue, expectorant, febrifuge, insecticide, sedative, tonic.

APPLICATION: Before applying topically or diffusing, dilute cypress essential oil 50:50 with a carrier oil.

PRIMARY APPLICATIONS: Slows perspiration, relieves hemorrhoids, menorrhagia, and menstrual cramps, improves circulation, relieves varicose vein discomfort, cures muscular spasms, tones excessively oily skin, detoxifies the lymphatic system, and lowers water retention. Cypress essential oil produces a relaxing, grounding effect when used in aromatherapy or meditation. It provides a sense of overall well-being and aids in discernment while reducing anxiety about the unknown.

BLEND WITH: Benzoin, black pepper, cedarwood, chamomile, citrus, clary sage, eucalyptus, frankincense, geranium, German chamomile, ginger, grapefruit, helichrysum, jasmine, juniper, lavender, lemongrass, lemon tea tree, marigold, myrrh, palo santo, peppermint, petitgrain, Roman chamomile, rose otto, rose geranium, Scots pine, spikenard, tea tree, yarrow, ylang-ylang.

SAFE USE: Cypress essential oil should not be used by pregnant women. While it is generally considered safe, if applied neat, it might cause skin irritation. The word cypress comes from the Greek word *sempervirens*, which means "forever." The Greeks carved statues of their gods out of cypress.

Douglas Fir (Pseudotsuga menziesii)

DESCRIPTION: The scent of Douglas fir essential oil is rich and evergreen. It has a medium body and is used as a middle note in aromatherapy blends.

ORIGIN: Canada, France, United States

PROPERTIES: Antifungal, antiseptic, antitussive, calmative, disinfectant, expectorant, nervine, pectoral, stomachic, tonic, vasodilator.

APPLICATION: Before applying Douglas fir essential oil topically or diffusing it, dilute it 50:50 with a carrier oil. It can be breathed straight or diluted.

PRIMARY APPLICATIONS: Cold, flu, and bronchitis symptoms are relieved, including muscle discomfort, arthritis, and rheumatic pain. Douglas fir essential oil relieves anxiety and nervous tension when used in aromatherapy or meditation. It has a grounding and stabilizing effect, and it helps to promote emotions of physical and mental safety.

BLEND WITH: Bergamot, cistus, fir needle, galbanum, jasmine, lavender, lemon, marjoram, rosemary, Scots pine.

SAFE USE: Douglas fir essential oil should not be used by pregnant women. It's not for internal usage, and if used undiluted, it can irritate the skin. It is poisonous to cats.

Echinacea (Echinacea purpurea or E. angustifolia)

DESCRIPTION: The essential oil of Echinacea is pale in color and has a thin to medium viscosity. It has a pleasant, floral perfume and can be utilized in aromatherapy blends as a middle note.

ORIGIN: Austria, Canada, Russia, United States.

PROPERTIES: Antibiotic, anti-inflammatory, antimicrobial, antiviral, diaphoretic, immune stimulant.

APPLICATION: Echinacea essential oil can be applied topically, inhaled directly, diffused, or consumed.

PRIMARY APPLICATIONS: Relaxes the mind; relieves cold and flu symptoms; soothes bug bites, small burns, and minor wounds; speeds healing of rashes, eczema, and other skin irritations, including acne; improves digestion; eases flatulence.

BLEND WITH: Ginger, lemon tea tree, niaouli, tea tree, thyme, yarrow.

SAFE USE: The essential oil of Echinacea is generally thought to be harmless. Contact should be avoided by anyone on immuno-suppressing medication (especially transplant patients), as it may interfere by activating the immune system and producing an undesired immune response. Echinacea essential oil can be applied topically to pregnant or nursing women, but not orally.

Eucalyptus (Eucalyptus globulus)

DESCRIPTION: There are about 700 different species of eucalyptus, many of which are utilized to make eucalyptus essential oil. When it comes to aromatherapy, just a few of these species are effective. The most common is

Eucalyptus globulus, which should not be confused with *E. radiata* (also known as black peppermint essential oil), *E. citriodora* (lemon eucalyptus essential oil), or any other type of eucalyptus essential oil. Eucalyptus essential oil has a thin consistency and a fresh woody, earthy fragrance. It also has a strong therapeutic perfume. It is classified as a top note in aromatherapy.

ORIGIN: Australia, Brazil, Spain.

PROPERTIES: Antiaging, antibacterial, antifungal, anti-infectious, anti-inflammatory, antirheumatic, antiseptic, deodorant, expectorant, insecticide, mucolytic.

APPLICATION: Before use, dilute eucalyptus essential oil 50:50 with a carrier oil. Direct inhalation, diffusion, and topical administration are all options. Other types of eucalyptus essential oil are not appropriate for ingesting; however, *eucalyptus globulus* is.

PRIMARY APPLICATIONS: Soothes arthritis, rheumatism, and muscle pains; relieves sinusitis, coughs, bronchitis, cold and flu symptoms, and ear infection; combats candida, chickenpox, and measles symptoms; decreases acne; cleanses minor wounds; enhances the immune system

Eucalyptus essential oil is used in antiseptics, ointments and liniments, cough drops, toothpaste, and other goods and a scent for cosmetics and perfumes. For root canal fillings, some dentists use eucalyptus oil as a solvent. It's also used to treat cancer and chronic obstructive pulmonary disease (COPD).

Eucalyptus essential oil can also be used as an insect repellent and a natural flea repellent. It can be used on both pets and humans when adequately diluted. Massage oils and lotions, household cleaning goods, and bath products, such as shampoos and conditioners, all benefit from it. Eucalyptus essential oil can be used to promote emotional well-being when inhaled, and it can also be utilized to focus on relationships during meditation.

BLEND WITH: Blue cypress, cedar, chamomile, cypress, geranium, German chamomile, ginger, grapefruit, juniper, lavender, lemon, lemon tea tree, marjoram, myrrh, oakmoss, orange, peppermint, Roman chamomile, rosemary, Scots pine, spearmint, tea tree, thyme, wintergreen.

SAFE USE: Before using, dilute the eucalyptus oil. Before using a recipe or applying topically, dilute the essential oil with four parts carrier oil. Only use therapeutic-grade eucalyptus oil, and do a patch test with diluted eucalyptus essential oil before using any product with it. When Jean Valnet, MD, ran out of antibiotics during World War II, he discovered that eucalyptus oil effectively eradicated about three-quarters of staph germs in the air. If you're starting to feel a cold coming on, try inhaling steam from a basin filled with hot water and a few drops of eucalyptus essential oil. You might be able to put an end to that cold.

Fir Needle (*Abies balsamea*)

DESCRIPTION: Fir needle essential oil, often known as silver fir, is somewhat yellow and has a thin, slippery texture. It has a great fresh, woody fragrance with sweet, earthy overtones and is utilized as a middle note in aromatherapy blends.

ORIGIN: Bulgaria, France, Germany.

PROPERTIES: Analgesic, antiseptic, antitussive, astringent, deodorant, expectorant, stimulant, tonic.

APPLICATION: Before applying or diffusing fir needle essential oil, dilute it 50:50 with a carrier oil. It can be inhaled straight from the bottle.

THE PRIMARY USES: Burns, cuts, and other minor wounds are soothed; muscle pains and arthritis pain are relieved; bronchitis, coughs, sore throats, and sinusitis are relieved. The essential oil of fir needles is a natural deodorizer. Fir needle essential oil produces relaxation, peace, and a sense of overall well-being when used in aromatherapy or meditation.

BLEND WITH: Benzoin, cistus, Douglas fir, juniper, lavender, lemon, marjoram, orange, rosemary, Scots pine, tangerine.

SAFE USE: The safety of fir needle essential oil is widely acknowledged. If used undiluted, it can irritate the skin. It's not meant to be used internally. This important oil poisons cats.

Frankincense (Boswellia carterii)

DESCRIPTION: Frankincense essential oil has a pale yellow hue and thin consistency, appealing woody, balsamic fragrance. It is classified as a base note in aromatherapy mixtures.

ORIGIN: Europe, India, North Africa.

PROPERTIES: Analgesic, antifungal, anti-inflammatory, antioxidant, antiseptic, astringent, carminative, digestive, diuretic, expectorant, sedative, tonic, vulnerary.

APPLICATION: Frankincense essential oil can be inhaled directly or mixed 50:50 with a carrier oil and utilized or applied topically. It can also be taken as a dietary supplement.

THE PRIMARY USES: Frankincense essential oil has an uplifting, centering effect that offers a deep sensation of inner serenity when used in aromatherapy or meditation. Coughs, sore throats, strep, pneumonia, and staph symptoms are relieved; stress and nervous tension are reduced; the mood is lifted. Many people feel that frankincense directly links the divine, and it is a popular choice for diffusing during prayer sessions.

BLEND WITH: Bergamot, black pepper, chamomile, cinnamon, clary sage, cypress, geranium, German chamomile, ginger, grapefruit, jasmine, lavender, lemon, mandarin, marigold, Melissa, myrrh, neroli, orange, palmarosa, patchouli petitgrain, Roman chamomile, rosemary, rose otto, sandalwood, Scots pine, spikenard, tangerine, vetiver, ylang-ylang.

SAFE USE: Frankincense essential oil is widely considered to be safe. When used undiluted, it can irritate the skin. For at least five thousand years, the applications and benefits of frankincense have been well known. It was prevalent among the Egyptians, who used it for stomach disorders, skincare, and incense. It is mentioned in the Bible fifty-two times. Frankincense was used to make kohl, which was used as eyeliner.

Galbanum (Ferula galbaniflua)

DESCRIPTION: Galbanum essential oil has a thin consistency and is transparent. Its spicy, balsamic scent is widely praised. It is classified as a top note in aromatherapy mixtures.

ORIGIN: Iran, Turkey

PROPERTIES: Analgesic, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, balsamic, carminative, digestive, diuretic, emmenagogue, expectorant, hypotensive, restorative, tonic.

APPLICATION: Although galbanum essential oil can be diluted, it is one of the few essential oils undiluted. It can be utilized in various ways, including inhaling it directly, applying it topically, and taking it as a food supplement.

PRIMARY APPLICATIONS: Reduces pain, treats cuts, boils, and minor wounds, improves circulation, assists digestion, reduces inflammation, softens scar tissue, tones skin, smooths wrinkles, and relieves stress and nervous tension. Galbanum essential oil aids in centering and grounding the mind, letting go of old thoughts, and embracing new ways of thinking when used in aromatherapy or meditation.

BLEND WITH: Benzoin, Douglas fir, geranium, ginger, lavender, oakmoss, Scots pine, spruce.

SAFE USE: Galbanum essential oil is generally considered safe, and the US Food and Drug Administration has approved it for use as a food flavoring agent and food additive (FDA).

Geranium (Pelargonium graveolens)

DESCRIPTION: Geranium essential oil is clear to light amber in color and has a thin viscosity. When used in aromatherapy blends, it has a fresh floral perfume with a tinge of fruit and is considered a middle note.

ORIGIN: Egypt, France, Italy, Spain.

PROPERTIES: Analgesic, antibacterial, antidepressant, antidiabetic, anti-inflammatory, antiseptic, astringent, deodorant, diuretic, insecticide, regenerative, sedative, styptic, tonic, vasoconstrictor, vermifuge, vulnerary.

APPLICATION: Before using or applying to the skin, dilute geranium essential oil 50:50 with a carrier oil. It can be inhaled directly or taken as a dietary supplement, and it works well in baths and room sprays.

THE PRIMARY USES: Soothes insect bites, stings, burns, and minor wounds; reduces sore throat and lymphatic congestion; cures broken capillaries, bruises, and circulatory problems; eliminates fluid retention; soothes bug bites, stings, burns, and minor wounds. Geranium essential oil raises the spirit while reducing nervous tension when used in aromatherapy or meditation. It can assist in reducing anxiety over desertion or commitment, as well as encourage self-acceptance.

BLENDs WITH: Allspice, Basil, bergamot, carrot seed, chamomile, citronella, clary sage, clove, cypress, eucalyptus, frankincense, galbanum, German chamomile, ginger, grapefruit, helichrysum, Holy Basil, hyssop, jasmine, juniper, lavender, lemon, lemongrass, lemon tea tree, mandarin, melissa, myrrh, neroli, nutmeg, orange, palmarosa, palo santo, patchouli, peppermint, petitgrain, Roman chamomile, rosemary, rose otto, sandalwood, spikenard, tangerine, tea tree, vetiver, ylang-ylang.

SAFE USE: A geranium essential oil should not be used by pregnant women. It can irritate the skin, mainly if used undiluted.

German Chamomile (Matricaria chamomilla)

DESCRIPTION: Due to its vivid blue hue, German chamomile essential oil is also known as blue chamomile. It has a thin viscosity and a pleasant, herbaceous perfume with fruity undertones. When employed in aromatherapy blends, it is classified as a middle note.

ORIGIN: Afghanistan, Bosnia, Canada, Europe, Hungary, Iran, United States

PROPERTIES: Analgesic, anesthetic, anti-infectious, anti-inflammatory, antioxidant, antispasmodic, antitumoral, decongestant, digestive tonic, hormone-like, relaxant.

APPLICATION: German chamomile essential oil can be used directly on the skin. Direct inhalation, diffusion, topical application, and ingestion are all options.

PRIMARY APPLICATIONS: Soothes insect bites, muscle spasms, arthritis pain, and sprains; relieves nausea, stress, and nervous strain; helps sleep German chamomile essential oil can help soothe feelings of aggravation and wrath while fostering peace, clarity, and patience when used in aromatherapy or meditation.

BLENDs WITH: Angelica root, benzoin, bergamot, citrus, clary sage, clove, cypress, eucalyptus, frankincense, geranium, helichrysum, jasmine, lavender, lemon, lemon tea tree, marjoram, Melissa, mountain savory, myrtle, neroli, nutmeg, palmarosa, patchouli, rosemary, rose otto, sage, sandalwood, spearmint, spruce, tea tree, yarrow, ylang-ylang.

SAFE USE: German chamomile essential oil and other chamomile preparations should be avoided by pregnant women. It has the potential to irritate the skin. Pedanius Dioscorides' *De Materia Medica*—the oldest known standard reference book of herbal treatments—listed German chamomile as one of the herbs in Europe's first handbook to medicine, written in 78 CE.

Ginger (Zingiber officinale)

DESCRIPTION: There are around 1,200 different types of ginger, but Zingiber officinale is the finest for medical and internal use. It's a great essential oil to mix with others; for example, it has a strong detoxifying effect when combined with juniper. The ginger essential oil has a warm, spicy scent with earthy and woody undertones. It is usually steam distilled and has a thin consistency. It can be used as a middle or bottom note in aromatherapy.

ORIGIN: India, Jamaica, Nigeria, Sri Lanka.

PROPERTIES: Anesthetic, anticoagulant, anti-inflammatory, digestive, expectorant, laxative, stimulant, tonic, warming.

APPLICATION: Before use, dilute ginger essential oil 50:50 with a carrier oil. It is also suitable for ingestion and can be used in the kitchen. Direct inhalation, diffusion, and topical administration are all options.

PRIMARY APPLICATIONS: Reduces congestion and respiratory infections; relieves motion sickness, indigestion,

nausea, and diarrhea; relieves angina and sore throats; and protects against scurvy. Car sickness can be alleviated with the use of ginger essential oil. Apply a few drops of ginger oil to a handkerchief and inhale deeply for humans. Place a few drops of diluted ginger oil on a dog's front paw so that the oil's aroma stays close to the pet's nose.

When used in aromatherapy, the ginger essential oil is stimulating and energizing and has an aphrodisiac effect. Its sweet, spicy scent boosts vitality and supports physical well-being while also increasing energy levels. It can assist improve self-confidence and motivation to turn thoughts into realities when used in meditation.

BLEND WITH: Allspice, bergamot, cardamom, cedar, clove, coriander, cypress, Echinacea, eucalyptus, frankincense, galbanum, geranium, grapefruit, jasmine, juniper, lemon, lemongrass, lemon tea tree, lime, mandarin, myrtle, neroli, oakmoss, orange, palmarosa, patchouli, Peru balsam, rose otto, sandalwood, tea tree, vetiver, ylang-ylang.

USE WITH CONFIDENCE: Ginger oil can be consumed, used topically, and used in aromatherapy blends. Before use, dilute it by mixing one part essential oil with one part carrier oil. Only use therapeutic-grade ginger essential oil, and test it on a small patch with diluted essential oil before using it topically. The essential oil of ginger is generally thought to be harmless. It is, however, photosensitive, and direct sunlight exposure within twenty-four hours of use can produce dermatitis. It's also an anticoagulant, which can help blood thinners like aspirin, heparin, and warfarin work better. If you use blood thinners and want to use ginger essential oil, talk to your doctor first.

Grapefruit (Citrus paradisi)

DESCRIPTION: Grapefruit essential oil is famous because of its pleasant aroma and its ability to relieve water retention and congestion. Citrus paradisi fruit peels are used to make grapefruit essential oil. Grapefruit essential oils come in pink and white varieties, with the pink version often having a sweeter aroma than the white. Its sweet, acidic, tart citrus scent goes well with white pine oil and frankincense oil, among other essential oils. This essential oil is extracted through cold pressing or expression. It has a thin consistency and is classified as a top note in aromatherapy.

ORIGIN: United States, West Indies.

PROPERTIES: Antidepressant, antiseptic, antitumoral, cleansing, detoxifying, disinfectant, diuretic, fat dissolving, metabolic, stimulant, tonic.

APPLICATION: Before use, dilute grapefruit essential oil 50:50 with a carrier oil. Direct inhalation, diffusion, topical application, and ingestion are all options.

PRIMARY APPLICATIONS: Treats headaches, anxiety, and depression; lowers the appearance of cellulite; eliminates water retention and puffy skin; cleanses the liver, kidneys, lymph system, and vascular system; enhances mood; stimulates physical vitality; repels insects. Grapefruit essential oil is highly effective against fleas, and it also helps repel fleas if you have horses. It aids in releasing perplexity, reducing mental chatter, and soothing emotions of grief and stress when used in meditation. It's also recognized for bringing clarity and a revitalized sense of spiritual purpose to those who use it. Non-toxic home items, massage oils, lotions, and bath products, such as shampoos and conditioners, can all benefit from it.

BLEND WITH: Angelica root, bergamot, black pepper, cardamom, catnip, chamomile, clary sage, clove, cypress, eucalyptus, fennel, frankincense, geranium, German chamomile, ginger, hyssop, jasmine, juniper, lavender, lemon, lemongrass, mandarin, myrrh, neroli, orange, palmarosa, palo santo, patchouli, peppermint, Roman chamomile, rosemary, sandalwood, Scots pine, tangerine, thyme, vetiver, yarrow, ylang-ylang.

SAFE USE: Before using grapefruit essential oil on your skin, perform a patch test. Before using it topically, dilute it by mixing one part essential oil with one part carrier oil. Grapefruit essential oil can also be phototoxic. After application, don't expose your skin to direct sunlight for at least 24 hours. Grapefruit oil, like other citrus essential oils, can be consumed. Take only one to two drops in a glass of water or herbal tea at a time.

In comparison to most other essential oils, grapefruit essential oil has a concise shelf life. Purchase in tiny amounts and consume within six months of purchase. Grapefruit essential oil is suitable for dogs and horses, but it isn't good for cats. Cats are typically not drawn to this oil; nevertheless, if your cat ingests it by accident, contact your veterinarian immediately. If the taste of a bottle of white wine or champagne isn't quite right, try adding a drop of grapefruit essential oil to the bottle to change the flavor entirely. This is particularly good in Sauvignon Blanc.

Helichrysum (*Helichrysum italicum*)

DESCRIPTION: Helichrysum essential oil is a bright yellow color with a fresh, earthy scent and a thin viscosity. When used in aromatherapy blends, it is called a base.

ORIGIN: Bosnia, France, Italy, Spain

PROPERTIES: Antibacterial, anti-inflammatory, antimicrobial, antioxidant, antispasmodic, astringent, diuretic, expectorant, febrifuge, hepatic, stimulant.

APPLICATION: Helichrysum essential oil can be used pure or diluted 50:50. Direct inhalation, diffusion, topical application, and ingestion are all options.

PRIMARY APPLICATIONS: Reduces the appearance of scars and stretch marks; relieves muscle aches and pains; soothes pain from sprains and strains; softens dry skin; soothes sunburns; slows or stops minor bleeding; soothes coughs; reduces fevers; calms nerves; relieves tension. Helichrysum essential oil, when used in aromatherapy or meditation, aids in the removal of emotional blocks and promotes perseverance. It is ideal for anyone suffering from anxiety or mental stress.

MEDICINAL HERBS

INTRODUCTION

Herbs have the power to transform your life. I realize this is a huge claim, but it's true! This is only a tiny sample of everything you'll learn from reading this book.

1. You'll learn how to make delicious foods and medicines that will benefit your health and the health of your loved ones.
2. You'll save money on healthcare and food prices, and you'll learn how to choose high-quality ingredients.
3. You'll learn when to seek professional aid and when to handle health problems on your own.
4. You'll learn about the safety and administration of herbs to children and the elderly.
5. You'll gain a greater understanding of your body, as well as what enhances your health and how these therapies function.
6. You'll be able to proudly proclaim, "I created that, and it worked!"
7. You'll gain a deep respect and admiration for the herb world.
8. You'll have a great time!

Are you ready to begin? Continue reading!

Greetings from the realm of plants! Herbs are less dangerous than most people think. Plants have been used for healing since ancient times. Did you know the oldest written herbals date back more than 500 years? Herbal medicine's safety has been demonstrated over centuries of use. One of the most remarkable aspects of herbs is their comparable applications in communities in opposite parts of the globe. That isn't merely a coincidence! And it's unmistakable proof that the herbs work. Plants are resources that are accessible to all: they are simple to use and safe. Herbal medicine has a long history of safety, with thousands of years of use in various herbal traditions worldwide. Herbs are widely available and easily accessible. One of the most appealing aspects of herbal therapy is that some of the most potent herbs are already in your pantry. Many culinary herbs have been used to preserve dishes throughout history. Antioxidants that enhance your health and prevent aging are found in the herbal ingredients that maintain food. The high costs of health care, drug side effects, and stress-related disorders are all detailed in a large body of scholarly literature. All of these diseases and more may be addressed with herbal treatments, and you probably already have the plants you need in your kitchen.

Let's look at an example of how a modest herbal intervention can have far-reaching consequences. If you include the correct herbs in your diet daily, you'll help establish a strong, robust immune system that will help you avoid disease, reducing the likelihood that you'll need any herbal medicines. However, let's say you have a mild infection, and you seek a remedy in your medicine cabinet, and it aids in treating the disease. You didn't have to take time off work, go to the doctor, or pay for prescription antibiotics because you didn't have to.

A Cost-Effective and Environmentally Friendly Choice

Did you realize that using herbs reduces your carbon footprint? You're helping to save the earth by not having to visit your doctor or a drug shop for treatment. In addition, your insurance co-pays will be practically non-existent. Another benefit of herbal therapy is that you can remedy early in the sickness because you have the herbs on hand. When you start taking a medication at the onset of an illness, you'll feel well faster and be less likely to pass it to others if it's contagious. You'll also save money because your medical bills will cost a food item you already own. If you grow your herbs, you may be confident you're getting the freshest, highest-quality medicine available. You're still using plants that haven't been raised with chemicals or pesticides that could harm the environment if you use organic commercial herbs.

As you can see, using herbal remedies has a significant impact on your health, the health of others around you, society, and the environment. The concepts and recipes in this book are straightforward, but they have far-reaching implications. The health advantages of plants have merely scratched the surface in this book. Herbs provide

numerous benefits for ecological systems, animals, and air quality, to name a few. Using common herbs for medicine achieves much more than just healing and sickness prevention, and you're assisting in the overall health of the world.

CHAPTER ONE

WHAT EXACTLY IS AN HERB?

So, what exactly is a herb? Who you ask determines the answer. According to a botanist, it's a plant that grows above ground and doesn't have a woody stem. According to a chef, it's a seasoning element from a temperate climate instead of spice from a tropical environment. For this book, an herb is any valuable plant that we employ for healing. Dandelions, for example, are beneficial to the gall bladder and liver, so I'll classify them as herbs.

Herbs aren't usually the star of the show in the kitchen, but they're nonetheless essential to a healthy diet. Some potent herbs, such as maca from the Amazon jungle, are consumed independently, but most are used as seasonings. The most excellent herbs come straight from your organic garden. An herb garden can be as simple as a pot of herbs on a windowsill or as large as a backyard plot. We're lucky that great-quality herbs are now commercially available for individuals who don't want to grow their herbs. If at all feasible, I recommend choosing organic herbs.

How to Choose Herbs

It's a good idea to learn how to tell if dried herbs are fresh if you're planning to buy them. They should have brilliant colors and a pleasant scent. Some plants keep their color better than others; with practice, you'll be able to spot high-quality herbs. The majority of herbs have a one-year shelf life. Not in a spice rack over the stove but in an excellent dark spot like a cabinet. The freshness of whole herbs lasts longer than powdered herbs. When whole dried herbs are available, I prefer them, but freeze-dried herbs have a similar flavor and color.

You'll Need These Tools to Get Started

1. A coffee mill

To prepare herbs, you can use an electric coffee grinder. However, please don't use it to make coffee because coffee has a solid aroma to taint your herbs. Similarly, herbs ground in a coffee grinder may wind up flavoring your coffee. Consider peppermint-flavored coffee; it's not exactly a breakfast flavor. To ensure that both the coffee and the herbs taste, they should keep them in separate coffee grinders.

2. Pressed garlic

This is another helpful tool—great it's for crushing fresh ginger root and pressing garlic.

3. Pestle and mortar

These are especially beneficial if you use fresh herbs. Plus, pounding the herbs and inhaling their fragrances is pleasurable.

4. Jars with a dark color

Jars of various sizes should be collected and reused, and they'll be helpful for a few of your cures. If you want to avoid getting your items mixed up, label them as you make them. Dark jars are ideal since they prevent the herbs from oxidizing, and herbs kept in glass jars do not stay as long as herbs kept in the dark jars.

5. An herb diary

Keep a little notepad in your kitchen to keep track of the herbs and herbal blends you experiment with. If you come across one that is very successful, make a note of it so you can return to it when you need it.

How Are Herbs Consumed?

Herbs can be taken in many different forms, including pills, capsules, liquids, and syrups. There are a variety of other formats available as well. The manner of administration is sometimes just as essential as the effects of the plant. Take, for example, a frantic day spent racing about and attempting to complete too many activities at once. In this case, a soothing herbal blend might be the most excellent medication. It can be taken as a tablet or capsule, but it's best to drink it as a tea while relaxing in a comfortable chair with your feet up.

The Traditional Infusion

The word "standard infusion" appears several times throughout this text. Pour one cup boiling water over one teaspoon of dry herbs or one tablespoon of fresh herbs to make a standard infusion (increase the number of herbs

and water proportionally if you want a larger batch). Allow for a 20-minute rest period after covering. After the 20 minutes are up, strain the herbs and consume the tea that results. That concludes our discussion.

How to Make a Herbal Decoction

A decoction is similar to a tea, only boiled for at least 20 minutes in a pot. This increases the herb's potency. The root parts of the plants are usually decocted because extracting all of the benefits from them takes time. The following decoction recipe is a decoction infusion used to prepare tea from roots, seeds, and berries. Cook one teaspoon of dried herbs or one tablespoon of fresh herbs in 1 cup of water for 20 minutes to make a basic decoction. You can also add more herbs to make it more potent. Making up to a quart or two at a time may be easier than making a single cup.

How Herbs Can Help You Heal

Herbs can be used to treat a variety of ailments. Their scents are calming. The flora's beauty is soothing and, at times, breathtaking. The best way to take herbal medicine is to be aware of the plants themselves. Many herbal remedies take time to work, even though certain herbs work quickly. They function by strengthening the body rather than suppressing a symptom. Herbal medication may take longer to work than conventional therapies, but it provides long-term benefits that traditional remedies do not. Infusions, as explained above, are one of the most popular methods that individuals take herbs. Flowers, stems, and leaves are used to make infusions. You can use any of the several tea filters available on the market for this purpose. You can either put the herbs in a tea ball or use self-closing commercial tea bags to make your teabags. Another option is to stuff the herbs onto a coffee filter and knot it with twine to make teabags. You'll have some soaked herbs left over after preparing an infusion. I strongly advise you to compost the spent herbs. You're nourishing the ground by returning the used herbs to it, just as it nourishes you. Herbs are a great addition to compost piles because they contain minerals, and many herbs also help your compost pile degrade hotter and faster.

Herbs have several uses and can help to strengthen a variety of body systems.

Identifying a particular system of the body to strengthen plays a role in selecting the proper herb. On the other hand, many herbs improve multiple systems at once, so you can't go wrong once you get the basics down! Take, for example, a fall that results in a wound on your knee. You'd ask yourself, "What body systems do I need to strengthen?" The integumentary system (skin), the musculoskeletal system (muscles and bones), and the immune system are the answers (to prevent infection).

On the other hand, let's imagine that your daughter shows signs of a urinary tract infection. You'd think to yourself, "What body systems should I strengthen?" The kidneys, urinary tract, and immune system would be the answer this time. See how simple it is? This kind of thinking can help you make wise selections. The majority of it is based on common sense. In the following chapters, I'll go over the many-body systems and the herbs that target each one. This concludes your herbal education! Do you see how simple it is?

Different herbs will be discussed in the following sections in terms of how they strengthen the body. Choosing herbal medicine is frequently based on the diseased body system. For example, if you have a cold, you wouldn't take a herb that focuses mainly on the digestive system; instead, you'd take one that works on the respiratory system.

CHAPTER TWO

THE NERVOUS SYSTEM

The Nervous System's Components

The nervous system is the body's master communication system. It was assumed to be the brain, spinal cord, and nerves and an electrical system akin to telephone wires for years. According to the ancient understanding of the nervous system, a message could come from any region of the body, and it would then proceed to the brain via nerves, causing an action or thinking. We now know that the neurological system is more complicated than this simplistic explanation. Hundreds of chemical messengers are found throughout the nervous system, interacting and moderating in a complex system.

What Effects Do Herbs Have on Nervous System Function? Herbs can help to maintain the nervous system's health in a variety of ways. They give sustenance and protection for nerves, for example. They can also help you focus when you're feeling fuzzy and relieve migraine and sinus headaches. Herbs that increase nervous system function are divided into two categories: nervine, or soothing, spices, and stimulant, or energizing, herbs. Let's look at some herbs that are good for your nervous system.

Energizing and Relaxing Herbs

Chamomile (*Matricaria recutita*, *Matricaria chamomilla*, *Anthemis nobilis*)

Chamomile is a fantastic choice if you're looking for anything to help you relax or calm down. Though the flower of the plant is always used to make medicines, herbalists employ various chamomile varieties. I like to utilize German chamomile, *Matricaria chamomilla*, for nervous system wellness. It's a simple plant to grow, and it's also suitable for kids. German chamomile is a sun-loving annual that produces in a whole light. Chamomile can help with stress and discomfort, as well as stomach issues. Teething and colicky babies will benefit from it as well. A fun fact: Peter Rabbit's mother offered him chamomile tea as a gift.

Basil (*Ocimum basilicum*)

Basil is delicious and full of health benefits! It promotes relaxation and concentration. Basil has been used to treat anxiety and headaches for centuries. Basil is beneficial to the entire body. It works similarly to non-steroidal anti-inflammatory medicines (NSAIDs) like ibuprofen in terms of reducing inflammation. This action could be helpful if your son has fallen and injured his elbow, which is already swollen and reddish by the time you visit him. It could also come in handy if your granny is experiencing joint pain. There are other instances in which anti-inflammatory herbs may be beneficial. Basil can assist in managing blood sugar levels, ease spasms, and improve circulation. In addition to providing taste to your cuisine, Basil is a good source of vitamins A and C and magnesium, iron, and potassium. This herb has been used as an aphrodisiac and an antidepressant in the past. (This makes sense because someone who is melancholy isn't in the mood for romance!) Basil has a strong perfume and comes in various flavors, including cinnamon, lemon, and Thai basil. Check out each of these for some unique flavor combinations while cooking.

Nutmeg (*Myristica fragrans*)

Nutmeg is used in a variety of dishes besides eggnog. Did you know that nutmeg has been used as a brain tonic since ancient times? Nutmeg was used by the Greeks and Romans to perk themselves up psychologically and intellectually if they felt a little sluggish. They presumably had no idea they were improving their nervous system functions, but they did notice a difference after taking it. According to modern science, nutmeg contains chemicals that may ease stress and anxiety, and it is a good sleep aid. It also acts as an antimicrobial and a muscle relaxant. Only a modest bit of nutmeg should be used. Pregnant women should avoid nutmeg because it has been related to miscarriage. Copper, iron, potassium, and magnesium are all found in nutmeg.

Peppermint (*Mentha piperita*)

Peppermint is a herb that has a calming effect. This means that drinking peppermint tea or applying it topically will make you feel more relaxed. This chilling effect is provided by a chemical called menthol, which is found in the plant. Peppermint belongs to the same plant family as spearmint, apple mint, and pineapple mint, all of which have

distinct flavors. Even chocolate mint has been spotted! (In her herb garden, Dr. Donna plants chocolate mint.) It's a thrill to include any peppermint or its relatives in herbal combinations. The original peppermint plant is always my favorite pick for medical mint, while the others are very effective. A natural stimulant like peppermint is a good example. If you have a dull chore ahead of you, a cup of iced peppermint tea will wake you up and help you focus. Peppermint is also beneficial for indigestion. Irritable bowel syndrome (IBS) sufferers may find comfort with enteric-coated peppermint oil pills. And, if you get gas, it's time to reach for the peppermint. The gas will be gone in a matter of minutes! Herbal stimulants like peppermint have the advantage of being caffeine-free, so they don't make you feel jittery like black or green teas or coffee may. Caffeine abuse can also hurt the adrenal glands.

Illnesses and Remedies of the Nervous System

Headaches Caused by Stress

A band around the forehead and tense neck muscles are common symptoms of stress headaches. The discomfort is constant and excruciating at times. The prevention and lifestyle adjustments are the mainstays of stress headache treatment. When you're anxious, your body muscles may unconsciously tense, particularly those in your forehead and neck. You can relieve a headache before it becomes severe if you pay attention to the tightness in your head. This is an example of how you can improve your health by using preventive. Essential oils are one method for treating headaches. They're highly concentrated plant essences with a very high energy level. The essential oil of the plant transfers its energy to the person who utilizes it. Essential oils contain various beneficial characteristics, including antibacterial, antiviral, calming, antifungal, detoxifying, and many others.

Next time you have a stress headache, try one of these remedies:

Lavender Steaming: Adding a few drops of lavender or basil essential oil to a bath can help with stress headaches. You can also make a steam bath by following the steps below. In a basin of hot water, drop a few drops of lavender oil. Make a tent for yourself with a large bath towel by covering your head and the bowl with the towel, and inhale the steam from the bowl. Be cautious not to knock the bowl over. For around five minutes, inhale the steam. You'll feel quickly at ease, and your face will appear refreshed as well!

Lavender Tea Compress

Lavender can also be used to make a compress that you can apply to your neck or forehead to help you relax.

Ingredients

1 tsp. lavender flowers

1 cup boiling water

One hand towel

Instructions

Boiling water should be used to cover the lavender blooms. Soak the hand towel in the liquid after straining it. Wring out and apply warm or cool to the affected area as needed.

Stress-Less Tea

Ingredients

1 tsp. chamomile flowers

1/2 tsp. lemon basil leaf

1/4 tsp. rose petals

1/8 tsp. orange peel

1 cup boiling water

Instructions

Combine all ingredients in a blender. Fill the pot halfway with boiling water. Cover and set aside for 20 minutes to

steep. Drink the tea warm or cold after straining out the herbs. When you're anxious, I recommend drinking 3 to 4 glasses per day. Take note of how this tea combines two plants known to help the nervous system: chamomile and Basil. To achieve a more substantial effect, mix herbs that work on different body systems.

The Stress-Relieving One-Hour Workout

Eleutherococcus senticosus, popularly known as Siberian ginseng, is a species of Eleutherococcus senticosus. Its popularity as a stress-relieving solution has recently risen. Your adrenal glands create high amounts of cortisol when you're under a lot of stress. As your body strives to adjust to pressure, this is a typical reaction. If the strain lasts for several hours or days, large quantities of cortisol can accumulate and harm the body. High cortisol levels have been related to the storage of belly fat, and the chemical processes that your body goes through in the presence of cortisol might make it difficult to lose weight. Eleuthero is an adaptogen, which means it helps the body return to normal functioning. An adaptogen that "reads" excessive cortisol levels in the body, for example, can help lower cortisol levels. And a study suggests that eleuthero is highly effective at it—cortisol levels drop dramatically within an hour.

Ingredients

1 tsp. eleuthero

1 cup boiling water

Instructions

Fill a coffee cup halfway with hot water and add the eleuthero. Allow for 5 minutes of steeping by covering the cup with a plate. Strain the tea and drink it hot. Take note of how you feel after an hour—you might be shocked!

Aromatherapy for Lifting Your Mood

Ingredients

1 Tbsp. chai tea blend

Two qts. water

Instructions

Combine chai tea and water in a big pot. Cook for a couple of hours on low heat. Within minutes of simmering, the volatile oils and scents will be released into the air, and you'll notice a significant shift in how you feel. You can keep the happy sensations flowing by adding more water to the pot throughout the day! However, make sure the water doesn't boil out; otherwise, the herbs will burn in the pool.

Massage for Stress Headaches

Massage may also aid in the relief of tension headaches. Massage therapy has a plethora of benefits, according to numerous research studies. Massage improves circulation and lymphatic flow, calms us, aids in better sleep, and boosts our immune systems.

The technique of Raindrop Massage

More essential oils are used on the body in one massage therapy technique called the raindrop technique, including peppermint, Basil, lavender, spruce, blue tansy, rosewood, spruce, frankincense, wintergreen, marjoram, and balsam. Each essential oil has its unique set of therapeutic benefits. Go to <http://youtu.be/6O166gsiCdU> to see an extremely intriguing video on this therapy.

Nutrition in general

If you suffer from stress headaches, I recommend eating foods and plants high in calcium, magnesium, and B vitamins. Raspberry leaf, nettle, whole grains, and a variety of fresh fruits and vegetables, particularly deep-green leafy vegetables, are good sources of these nutrients.

Migraine Symptoms

Migraines differ from other types of headaches in that they are frequently long-lasting, severe, and one-sided. They are linked to menstruation, and nausea and vomiting are other possible side effects. A migraine's discomfort might

be pulsating or persistent. Migraines often run in families, so if one of your parents suffers from them, you might as well. Migraines are frequently triggered by food allergies or specific foods such as processed meats, red wine, chocolate, and some cheeses. Try to figure out which meals are causing your headaches.

The most crucial step in preventing headaches is to think about them. What are the underlying imbalances that need to be addressed, such as hormone issues? When you know the answer, you can make an informed decision. If you pay attention to what triggers your migraines and talk to a doctor about it, you might be able to pinpoint specific triggers. According to studies, taking 500 mg of magnesium can help prevent migraines, and taking 2000 mg of vitamin C can aid if taken right when the headache starts. Cold compresses made from peppermint tea can assist with herbal medicine. If you suffer migraines with fluid retention or edema, a dandelion leaf may be the herb for you; it relieves fluid retention and may help if menses cause your headaches. Similarly, evening primrose, current black seed, or borage seed oils daily may aid when menses are involved.

Headache Reliever for Migraines

One of my favorite remedies is the one below, which has proven incredibly effective for my family.

Ingredients

One qt. boiling water

1 cup chamomile flowers

Two soft hand towels

Instructions

Boiling water should be used to cover the chamomile blossoms. Steep for 20 minutes, covered. Remove the flowers with a strainer.

Do you have a headache? Sufferer In a darkened, quiet environment, lie face down on a comfortable surface. Place one towel on the back of the sufferer's neck and shoulders after dipping it in the chamomile infusion. Place the dry towel on top of the wet one. While resting with the compress, encourage the person to take slow, deep breaths or conduct progressive muscular relaxation. Note: Progressive muscle relaxation entails tightening and then willfully relaxing a muscle before going on to the next. You may start by pinching your toe muscles and then relaxing them. After that, squeeze and release your foot muscles. Working your way up to the neck, face, and head is a good idea.

Headaches in the Sinus

Nasal stuffiness and a runny nose are common symptoms of sinus headaches. Your sinuses are a part of your respiratory system, but because they're so close to your brain, they're also thought to be a part of your neurological system. Tenderness in the sinuses or face and earache, and a frontal headache are all possible symptoms. Allergies are common among people who suffer from sinus headaches, and sinus headaches are frequently seasonal. Try to figure out what's causing your headaches. Is it a bacterial infection? If this is the case, your immune system is also implicated, and you should seek medical advice.

Consider whether any food or environmental allergies cause your headaches. To discover whether you have food allergies, you may need to go on an elimination or rotation diet. If pollen is the source of your allergy responses, drink a standard infusion of nettle tea three times a day for three months before they start. CoQ 10 is a supplement that can be used regularly and may help with allergies. Regularly consuming local honey or bee pollen and following a healthy, balanced Mediterranean diet may also be beneficial. An aromatherapy diffuser with eucalyptus oil could help with acute bouts. To utilize this method, take out your diffuser, add a few drops of eucalyptus oil, and use your diffuser as usual.

Sinus Headache Relief with Goldenrod Standard Infusion

Goldenrod is my go-to herb for sinus headache alleviation. Goldenrod is sometimes misunderstood to cause hay fever, which causes sinus headaches; however, it does not. Ragweed is to blame, as it blooms at the same time as the goldenrod. If you think you could have a sinus infection, make an appointment with your doctor. When I have a sinus headache, I make this usual infusion and drink 3 to 4 cups hot. It works quickly and effectively.

Ingredients

1 cup boiling water

1 tsp. goldenrod, dried

Instructions

Boiling water should be poured over goldenrod. Allow for a 20-minute rest period after covering. Remove the herbs with a strainer. Drink the tea while it is still hot.

Your Body Will Be Rejuvenated, Revitalized, and Refreshed

Caffeine is occasionally used as a pick-me-up by busy people. Instead of buying an unhealthy commercial product the next time you're feeling sluggish, try this naturally caffeinated beverage. It contains vitamin C and bioflavonoids, as well as the health advantages of black and green teas. You may make this tea more interesting by adding carbonated water. It packs a punch, and I like to offer it when entertaining because it makes people feel their best!

Energizing Tea

Ingredients

One tsp. or teabag of black tea

One tsp. of green teabag tea

1 tsp. Hibiscus sabdariffa flower (called "sorrel" when used as a beverage)

3 tsp. peppermint

Two tangerines

1-inch piece fresh peeled ginger root, crushed

One qt. boiling water

Honey to taste

Instructions

In a large beverage container, combine the teas, hibiscus, peppermint, crushed ginger root, and the peel of one tangerine. Fill the pot halfway with boiling water. Allow for a 20-minute rest period after covering. Using a strainer, remove the sediments from the tea. Add the tangerine juice to the container after juicing the tangerines. Toss in some ice and honey to taste. This recipe serves six people.

Note: According to a 2008 USDA study, drinking three cups of hibiscus tea daily reduced systolic blood pressure by 8 to 13 mmHg. The greater the response to the tea, the higher the subject's blood pressure was at the start of the trial.

Insomnia

Millions of people suffer from poor sleep quality, which includes an inability to fall asleep and stay asleep. If you're having trouble sleeping, attempt to figure out what's preventing you from receiving the rest you require. Late in the day, avoid coffee. Before going to bed, avoid watching television or using your computer. While having a television in your bedroom may seem appealing, it can be a significant hindrance to getting a good night's sleep. Stress and discomfort obstruct a restful night's sleep. Are your room and bed comfortable for sleeping? It is critical to relax before going to bed. Meditation can help you relax, and some individuals find that taking a hot bath or shower before bed soothes them. Before going to bed, try to find out the best approach for you to let go of your everyday concerns. Use essential oils with soothing effects, such as jasmine, marjoram, and rose, among my favorites. Before going to bed, add a few drops to a warm footbath to relax and sleep deeply. Herbs can also help you sleep better. Various plants affect different people: chamomile, linden, red clover, passionflower, hops, and chamomile are all popular sleep aids. Experiment with different combinations and record your mixes as you recreate them later when you find a great variety.

Sweet Surrender Bedtime Beverage

Here's an exotic recipe that may promote sweet dreams.

Ingredients

2 cups hot milk

1 Tbsp. maple syrup

1/4 tsp. freshly grated nutmeg

Sprinkle of cardamom

Instructions

Combine the milk and maple syrup in a mixing bowl. Fill two cups with the mixture. On top, grate some nutmeg, and cardamom should be sprinkled on top. It serves two people.

Calming Tea with Lemon Balm

Another herb that can help adults and children relax is lemon balm (*Melissa officinalis*). The herb has a lemony flavor and is sometimes used in ice cream or pesto. Herpes simplex, the virus that causes cold sores, is resistant to lemon balm's antiviral effects and has antimicrobial effects.

On the other hand, Moms adore lemon balm for its capacity to calm someone who is nervous or can't relax. Scientists discovered that the herb inhibits GABA transaminase, which explains why a cup of lemon balm tea relieves anxiety. They've also found that this plant may readily transform a poor mood into a pleasant one. Those with Alzheimer's disease in their grandparents or parents may be relieved to learn that the herb appears to help those with this kind of dementia.

Ingredients

1 tsp. lemon balm

1 cup boiling water

Instructions

In a coffee cup, place the herb. Cover and soak for 5 minutes after adding the hot water. Drink the tea after straining it.

Recipes for a Healthy Nervous System

Grilled Salmon with Basil and Lemon

Have you ever heard that fish is good for your brain? To be sure, there's some truth in this. Omega-3 fatty acids, vital for the brain and nervous system, are abundant in cold, deep-water oily fish. Ocean fish obtained in the wild contain more of this nutrient than those reared on farms. To get more fish in your diet, try this simple summer delight. It's the most excellent way to cook her favorite fish, according to one of my sisters!

Ingredients

Sauce:

1/4 cup olive oil

Four cloves garlic, peeled and crushed

1 cup fresh Basil

1 cup fresh lemon basil

1 Tbsp. fresh lemon thyme

Fish:

1 Tbsp. lemon juice

1 Tbsp. olive oil

4 (6-oz.) salmon steaks

Instructions

Finely chop the herbs in a blender or food processor with the first five ingredients to make the sauce. Remove from the equation. During the cooking phase, you may need to add a little more oil. In a small bowl, combine the lemon juice and one tablespoon olive oil. Coat the salmon in the lemon oil mixture using a brush. If you don't have access to a grill, you can broil the salmon for 5 minutes over medium coals. Turn the table over. Brush with the herb mixture. 3–5 minutes longer on the grill, or until the fish flakes easily with a fork. Serve immediately with a dollop of sauce on top of the fish. Serves four people.

Apple Cider with Mulled

This is a fantastic recipe for the fall and winter months. Every Thanksgiving, I prepare it, and when the weather gets cold, my daughter-in-law keeps a pot of this cider on the back of the stove. The entire house is filled with a beautiful aroma!

This cider has a pleasant aroma and contains household spices high in antioxidants and minerals beneficial to brain health.

Ingredients

1-gallon apple cider, preferably local, minimally processed

1/2 cup maple syrup

Four 3-inch cinnamon sticks

1 tsp. dried ginger

2 tsp. whole cloves

2 tsp. allspice

1/4 tsp. nutmeg

1/4 tsp. cardamom

Instructions

In a crockpot, combine all of the ingredients. Serve after 2 hours on low heat. Serves 12–16 people.

Jelly of Chamomile

The following recipe is a delicious toast topping, and it's a great way to convince kids to eat chamomile for its healing properties. Chamomile is a beautiful cure for coughs and colds in youngsters, as well as being relaxing. When I make this jelly for the local farmer's market, it's a hit.

Ingredients

1 cup fresh chamomile flowers

4 cups water

One box powdered dry pectin

4 cups sugar

Instructions

Covered, simmer flowers and water for 10 minutes. Using three layers of cheesecloth, strain the resulting tea. Pour 3 cups of tea into a measuring cup. In a large saucepan, combine the tea and pectin.

Bring the water to a rolling boil. Sugar should be added. Cook for 1 minute on high heat, stirring regularly. Fill hot, sterilized jars with the mixture. Cover. Keep in an excellent, dark location. After opening, keep refrigerated.

CHAPTER THREE

THE CIRCULATORY SYSTEM

The Circulatory System in Detail

The heart and blood arteries make up the circulatory system. In America and other Western societies, the circulatory disease is the primary cause of death. Fortunately, heart and blood vessel health has been widely researched, and lifestyle and nutritional choices can considerably improve circulatory health. Several herbs and complementary therapies have been scientifically proven to be effective.

Anatomy of the Heart

The heart is a muscle with four chambers: two atria (right and left), which receive blood, and two ventricles, which push blood out from the heart. The right ventricle circulates blood to the lungs, where it is oxygenated, while the left ventricle circulates the oxygenated blood throughout the body. Valves are between the chambers that guarantee the blood is sent to the appropriate locations at the correct times.

Electrical impulses occur in various nodes within the heart, which cause your heart to beat. When your atria and ventricles contract in response to an electrical signal, blood moves through the heart and throughout the body.

Arteries, veins, and capillaries are all parts of the circulatory system.

Blood goes from the heart through arteries to the rest of the body, where it enters microscopic channels known as capillaries, which allow blood to perfuse into all of our body's tissues. Veins carry blood back to the heart. Veins, unlike arteries, may include valves to aid in the return of blood to the heart. Pulmonary circulation is a specialized process that transports blood to and from the lungs, and other specific veins supply blood flow to the heart.

Circulatory Health Requirements and Risk Factors

The heart must be a powerful pump, and the electrical system must be functioning correctly for the heartbeat to be rhythmic and compelling. To allow for healthy filling and draining of the four chambers, the heart must beat regularly. For blood to flow effectively, blood vessels must be strong, flexible, smooth, and unobstructed. Every other system in the body, particularly the renal system, is intertwined with the circulatory system. Circulatory health is determined by several factors, many of which can be altered to improve your health.

Risk Factor 1: Diet

Saturated fats, processed foods, and salt-rich diets wreak havoc on the cardiovascular system. Fortunately, herbs and other nutritional options can be used to help improve your health in this area.

Risk Factor 2: Stress

Meditation, spiritual support, and healthy relationships help reduce stress and improve cardiac and circulation health. People with type-A personalities are more likely to develop circulatory problems. Coping skills, fortunately, may be learned at any age.

Risk Factor 3: Exercise

Inactivity raises the risk of cardiovascular and circulation issues. Obesity, which is another risk factor for heart disease, can be avoided with regular exercise. Furthermore, regular exercise aids the body's utilization of insulin and blood glucose. People with diabetes are more likely to suffer circulatory issues. As a result, diabetes management is critical for excellent cardiac health. Herbs are a crucial part of any diabetic reversal treatment.

Risk Factor 4: Genetics

Heredity is an uncontrollable risk factor, and it's a crucial factor, but keep in mind that it's just one of several.

Risk Factor 5: Smoking

Smoking puts a strain on the blood vessels, and nicotine causes a rise in blood pressure by constricting the arteries. The amount of vital oxygen in the blood is reduced by carbon monoxide produced by smoking. Then there's the list of carcinogens in tobacco smoke and cigarettes. It's incredible to think that with each puff, you're exposing

hundreds of your body's cells at once!

Risk Factor 6: Age

The buildup of wear and tear on our bodies rises as we age, and we have no influence over it; yet, we do have power over how well we age, regardless of the date on our birth certificate. You can reduce aging by managing the oxidation rate in your body (in fact, you can get an oxidative stress test done to see how well you're aging). You can slow aging by lowering your body's oxidative stress level using antioxidants. Antioxidant-rich herbs are therefore beneficial in this regard.

Risk Factor 7: Gender

Males have a higher prevalence of heart attacks and circulatory disease, but the gender gap in circulatory difficulties has narrowed in recent years. Women are more likely to have heart attacks after menopause than before due to a decline in specific hormones. Fortunately, there is a lot of information available about circulatory health and diseases. We live in an era where we can choose from various highly effective ways to improve and maintaining excellent circulatory health.

Cholesterol and Triglycerides

Cholesterol is a substance that is created naturally in the body and is necessary for good health. The consumption of animal fats in the diet contributes to the body's production, and cholesterol is not found in plant fats. Cholesterol is required to produce hormones and utilize vitamin D. It also has a role in mood control. Some studies have found that persons with cancer often have low cholesterol levels, but too much cholesterol can also cause difficulties. If oxidized, it can build up in our blood vessels, causing artery hardening, high blood pressure, blood clots, heart attack, and stroke. Blood flow to the brain or throughout the body may be impeded if certain disorders exist.

Oxidized low-density lipoprotein cholesterol, generally known as LDL cholesterol, is the culprit. It's a sticky substance that forms on the inside of your blood vessels' walls. We do, however, have HDL cholesterol, or high-density lipoprotein cholesterol, which is cardioprotective. HDL possesses anti-inflammatory qualities and aids in the stabilization of harmful LDL cholesterol. The HDL ratio to LDL is a significant number to consider when calculating cholesterol levels (you want this ratio to be high). Although genetics play a part in cholesterol management, herbal and dietary therapies can be just as effective as drugs in lowering cholesterol without the adverse side effects that pharmaceuticals can cause. Triglycerides are fats found in the blood, and elevated triglycerides, rather than cholesterol, are a better indicator of the risk of cardiovascular disease. Triglyceride levels rise when blood sugar levels rise; thus, people with diabetes are at an increased risk of circulatory problems.

Heart-Healthy Eating

A heart-healthy diet is beneficial to the complete body's wellness. High in veggies and healthy fats, the Mediterranean diet has been widely researched and offers various delicious and nutritious meal options. Don't forget, though, that you still require protein in your diet! Fiber-rich foods can help lower cholesterol levels. Whole grains, such as bran cereals or oatmeal, are examples. Nuts and legumes, such as edamame, are other good options. Olive and coconut oils, for example, contain plant-based fats that are excellent complements to your diet. Healthy fats can be found in coldwater fish such as tuna, mackerel, and salmon, whereas bad fats can be found in nut and seed oils such as maize oil, soy oil, sesame oil, cottonseed oil, and vegetable oils. These fats are highly unstable, and they may be oxidized in the body, boosting cholesterol levels and contributing to an artery plaque. Surprisingly, new research shows that saturated fats, traditionally thought to be the most unhealthy, are far more stable than unsaturated fats. Small amounts of red wine or grape juice and shitake mushrooms, which can help decrease cholesterol, are suitable for the heart. Seaweeds are high in trace minerals and feed the circulatory system, therefore include them in your diet. Eating a wide variety of vitamin-rich fruits and vegetables to take advantage of the numerous advantages of phytonutrients is one of the best heart-healthy measures. Include a variety of raw foods in your regular diet.

Cooked tomatoes are high in lycopene, a heart-healthy antioxidant. Tomatoes are among the most chemically treated veggies, so go for organic and get an heirloom type. Garlic and onions are members of the allium family, which

contains several heart-healthy compounds. Including a wide variety of herbs and spices in your diet is another heart-healthy strategy. These foods are high in antioxidants. Furthermore, by flavoring your foods with herbs and spices, you may create various delectable recipes that don't rely on a lot of salt. Salt is not rich in sodium in a heart-healthy diet.

Dietary Fats That Are Good For You

Fats are an essential nutrient. They are the most concentrated forms of energy available to us, and they are required for all biological functions. Fats are particularly beneficial to the circulatory and neurological systems. Essential fatty acid-rich fats help to maintain healthy cholesterol levels and increase the HDL: LDL ratio. They also lower inflammation, lowering the risk of strokes and heart attacks. Unfortunately, eating the wrong kinds of fats or eating too many fats can cause significant health problems. High fat intake can lead to heart disease, cancer, obesity, high blood pressure, and other health problems.

Saturated Fats Aren't as Dangerous as We Thought

Fats are divided into three categories. At room temperature, saturated fats are stable and rigid. Butter, lard, and vegetable shortening are all high in these fats. In their original forms, such as butter and lard, naturally saturated fats are stable. Butter has specific chemo-protective components, while coconut oil is a healthy saturated fat. Vegetable shortening, on the other hand, is a highly harmful manufactured fat. Similarly, trans-fat meals and portions of margarine are incredibly unhealthy. These foods prevent the body from absorbing necessary lipids.

Unsaturated fats are linked to high levels of LDL cholesterol.

Some margarine brands and vegetable and seed/grain oils like maize oil, soy oil, sesame seed oil, walnut oil, almond oil, cottonseed oil, and vegetable oil are polyunsaturated fats. These are unstable lipids that have been connected to the generation of free radicals or oxidants, and they are poisonous compounds produced by our bodies when food is broken down. On the other hand, some polyunsaturated fats, such as the omega-3 fats DHA and EPA, are heart-healthy. Plant-based lipids that are liquid at room temperature are known as monosaturated fats. Peanut oil, like olive oil, is monounsaturated fat.

Choosing the Right Fats to Eat

Fortunately, when it comes to choosing fats to include in our diets, we have many alternatives. Buy the highest-quality, least-processed cold-pressed oils you can afford. Some oil companies list recommended cooking temperatures on their labels, as any overcooked fat might become rancid. Fats that have been used for cooking should not be reused. Avocados are a good source of heart-healthy fats, but you should never prepare them because they contain unsaturated fats. Because our bodies require vital fatty acids, a low-fat diet is not heart-healthy. Your hormones are made up of lipids, and if you follow a low-fat diet for an extended time, you may have hormone abnormalities.

What Are the Benefits of Essential Fats? Our bodies do not produce essential fatty acids (EFA), so they must be consumed. EFAs are necessary for a variety of bodily functions, including cancer prevention and inflammation reduction. Multiple illnesses, including heart attacks and other circulatory diseases, are thought to be caused by inflammation. Coldwater fatty fish, dark green leafy vegetables, nuts, and flaxseed are excellent sources of essential fats. However, don't count on flax seeds or nuts to provide all of your omega-3 fats. Omega-6 fats are far more abundant in these meals than omega-3 fats, and omega-6s contribute to inflammation in the body.

Furthermore, your body can only use up to 15% of the omega-3 essential fats found in plant sources. This means that coldwater fish or supplements derived from those fish are your best sources. Most people consume too much omega-6 and omega-9 fats, and polyunsaturated and unstable fats make up all omega fats. Omega-3 fatty acids are frequently deficient in the diet. Flax seeds and flax oils are excellent sources of omega-3 fatty acids, but keep in mind that the body absorbs only 15% of them and contains omega-6 fats. Supplementing with fish oil or krill oil is a good idea.

Omega-7 Fats: Have You Heard of Them? Macadamia nuts are delicious and high in omega-7 fatty acids, which are hard to come by. The herb sea buckthorn contains the most significant amount of omega-7.

Variety is a crucial component of a heart-healthy diet.

The answer to a heart-healthy diet is to eat a wide variety of foods. Processed foods are low in good fats and can cause inflammation, so avoid them. If you don't eat a balanced diet regularly or have health concerns, supplementing may be beneficial. And that involves every one of us! Who knows if they could eat a nutritious diet every day of their lives? Let's look at some essential but potent herbal therapies you can use at home to keep your heart and circulation system in good shape.

Herbs that are good for your heart

Many herbs, including those listed in other chapters, are beneficial to the heart and circulatory system. For the time being, we'll concentrate on three herbs. Everything you need is there in your kitchen, and garlic, cayenne pepper, and ginger are low-cost seasonings high in heart-healthy elements.

Garlic (*Allium Sativa*)

Over the last four decades, scientists have conducted substantial research on garlic. It helps to lower LDL cholesterol and raise HDL cholesterol, which reduces the risk of heart disease. Garlic may also aid in the reduction of triglycerides. Did you know that garlic lowers blood pressure and aids in preventing atherosclerosis or the hardening of the arteries? Garlic aids in the free flow of blood in the peripheral circulatory system. Leg cramps are caused by impaired circulation in the legs in certain people, and garlic can help prevent this unpleasant condition. A clove of garlic a day is good for your heart. Garlic has various health benefits, including mood regulation, bile flow improvement, and hormone production. It can also aid in the removal of pinworms. Garlic is very effective for respiratory problems because the respiratory system partially digests it. Antioxidants, iodine, and sulfur are abundant. Blood clots can cause a variety of health issues. A stroke can happen when a blood clot lodges in the brain, for example. A heart attack can occur when blood clots install in the heart. However, if you ingest a foodstuff like garlic regularly, you can prevent blood clots from forming.

May you understand how this seemingly insignificant plant can be a potent medicine? Onions, shallots, leeks, and chives, for example, have similar elements to garlic, although to a smaller extent. For millennia, garlic has been used as a traditional remedy. Garlic was worn around the neck in several cultures to ward off evil and disease. In reality, the disease-prevention aspect of the ritual worked! Allicin, a natural antibiotic found in garlic, is one of the secrets to this. Garlic is best eaten raw or cooked mildly. If you don't like garlic, try inserting chunks of garlic between your toes overnight with the help of a sock. Garlic's medicinal qualities are readily absorbed via the skin. The person will exude garlic breath, which will indicate that it is working. If you're worried about having garlic breath, there are odor-free pills on the market. If you're on blood thinners or planning surgery, talk to your doctor before increasing your garlic intake. Garlic has anticoagulant properties.

Ginger is a delicious spice (*Zingiber officinale*)

One of my favorite herbs is ginger. Who knew that using actual ginger in gingerbread cookies might make them healthier? Both fresh and dried ginger has therapeutic effects, but fresh ginger is more powerful. Keep fresh ginger in the freezer if you aren't planning to use it in large quantities. Have you tried candied ginger before? It can be purchased from health food stores. I used to keep some in a jar while I worked as a nurse at a student health center, and students would come in and eat some if they had upset stomachs or filled heads. It's delicious. Ginger is a stimulating herb because it increases blood flow. This helps the heart operate by preventing blood clots from developing. High blood pressure is also reduced as a result of this activity. Ginger is a warming herb as well. It's been investigated for nausea caused by pregnancy and chemotherapy, and it works for all types of nausea and motion sickness. Ginger is beneficial to all body systems but valuable to the circulatory, respiratory, reproductive, and digestive systems. It has been used to treat osteoarthritis and to ease cramps. In a lot of my blends, I use ginger. Ginger and other stimulant herbs work together to stimulate and amp up the therapeutic properties of the other herbs in the combination. The flavor of ginger is instrumental since it may cover the taste of less appealing herbs. Cover a 1-1/2-inch piece of ginger root with soil and water thoroughly to grow a ginger plant in a pot.

Cayenne pepper (*Capsicum frutescens*, *Capsicum annuum*, and others)

The spiciness of cayenne pepper makes it the perfect warming herb. It raises the heart's contraction strength without increasing blood pressure. It lowers cholesterol and may help avoid heart attacks. Antispasmodic, antimicrobial, and astringent activities are also present. Cayenne inhibits platelet clumping, which can lead to dangerous blood clots. Cayenne has been used to treat cluster headaches, nerve pain, and joint pain topically and internally. It can also be used as an antibacterial wash. Cayenne pepper is high in vitamin C, which aids digestion. It can be applied topically to relieve nerve discomfort. After using topical cayenne, you should notice a warming sensation in your joints, but the long-term benefit may take a few weeks, so be patient. Cayenne can help with the pain of herpes infections, such as shingles. Psoriasis, osteoarthritis, and diabetic neuropathy have all been treated with it. Cayenne pepper should be used with caution because it is pretty hot. Start with the lower-strength cayenne peppers and work your way up to the higher-strength formulations after you've become used to the lower-strength ones. For instance, start with a 25,000 HU (heat units) or BTU (British Thermal Units) strength and work your way up to 45,000. Unless you apply cayenne topically on loose skin, you shouldn't be concerned about burns if you use the lesser intensity formulations. Cayenne pepper should not be used on an open wound.

However, keep your wits about you. Do you suffer from ulcers? Then don't use it; it's far too strong for you! Do you suffer from hemorrhoids? What goes in hot comes out hot, and taking cayenne might cause pain in your hemorrhoids. Is it, however, causing you harm? No. In reality, it's most likely improving the situation. For something like hemorrhoids, it's just easier on the body to employ a more calming herb. Before using therapeutic doses of cayenne, anyone with digestive problems should talk to their doctor. Talk to your doctor if you're using MAOI (monoamine oxidase inhibitor) or ACE (angiotensin-converting enzyme) inhibitors.

Hawthorn (*Crataegus monogyna*, *Crataegus Mexicana*, *Crataegus laevigata*, *Crataegus pinnatifida*, and others) and dandelion (*Taraxacum officinale* and *Taraxacum erythrospermum*)

Hawthorn berries are a herb that can be purchased from a herb shop or collected in the fall if they grow in your area. These berries are high in antioxidants and aid in blood pressure regulation. It dilates significant blood vessels and relaxes coronary arteries, which provide blood to the heart. Hawthorn berry is a herb that is generally considered to be highly safe. If you take digoxin or any other prescriptions, always consult your doctor before using it since any plant might enhance the effects of a drug. The impact of ingesting hawthorn for blood pressure reduction takes roughly two weeks to see. The nutrient-dense dandelion leaf is a superb herb. It has diuretic characteristics; however, unlike diuretics, it does not reduce potassium levels in the body. The mineral is abundant in dandelion.

Illnesses and their Treatments

High Blood Pressure (HBP)

Millions of people are affected by this disorder, which puts them at risk for heart disease and stroke. Use this tea to lower your blood pressure and lower your risk of heart disease.

Tea for Low Blood Pressure

Herbs that have traditionally been used to treat high blood pressure are included in this cure. Vitamins and antioxidants abound in this combination, which boosts circulation throughout the body. Ginger is used for its health advantages as well as to enhance the flavor of the blend.

Ingredients

1 tsp. hawthorn berries, dried

1 tsp. blueberries, dried

1 tsp. dandelion leaf, dried

1 tsp. ginger root, freshly peeled and grated

2 cups water

Instructions

Fill a pot halfway with berries. Fill the container halfway with water. Bring the water to a boil—cover and cook for 20 minutes on low heat. Remove the pan from the heat. Mix in the remaining ingredients. Cover. Allow for a 20-minute rest period. Strain and take a sip. This recipe makes 2 cups of tea.

Arterial hardening is a condition in which the walls of the arteries harden.

When deposits build up inside the arteries and blood vessels, circulation is hampered. The blood vessels might become stiff and rigid at this point. Cold hands and feet are standard among patients with blood vessel problems; can you see why this is?

Circulation Spice Tea

This blend's ingredients support blood vessel health and create warmth.

Ingredients

4 tsp. green tea

3 tsp. ginger, dried

2 tsp. cinnamon

1/2 tsp. cardamom

1/2 tsp. nutmeg

1/2 tsp. allspice

1 cup boiling water

Instructions

Combine herbs in a bowl. 2 teaspoons herb blend + 2 teaspoons boiling water. Allow for 20 minutes of resting time. Strain. This recipe makes 1 cup of tea, and warm or hot water is fine. If desired, add more sugar. This recipe serves five people.

Cholesterol levels are high.

LDL cholesterol accumulates in blood vessels, resulting in high blood pressure and artery hardening and an increased risk of significant heart disease. It's possible to enhance your HDL: LDL ratio by using the right herbs.

Tea with Artichoke

The artichoke plant (*Cynara cardunculus* and *Cynara scolymus*), commonly known as Chinese artichoke or knot root, promotes digestion and liver and gall bladder function. It's also one of the few herbs that may simultaneously enhance HDL cholesterol while lowering LDL cholesterol. While the herb lowers cholesterol, it also has a secondary benefit of lowering blood pressure. What an excellent plant!

Ingredients

1 tsp. artichoke leaves, dried

1 cup boiling water

Instructions

Fill a coffee cup halfway with hot water and add the herb. Cover, and allow for a 5-minute steeping period. After that, filter the tea and drink it.

Cholesterol-Lowering

Toast Recipes for a Healthy Heart

To keep cholesterol levels in check, try this simple meal treatment. It also protects against infections.

Ingredients

One slice of whole-grain bread

1 tsp. olive oil

Two cloves garlic, crushed or finely minced

Instructions

Preheat the broiler to a low setting. Olive oil should be brushed on the bread, and garlic should be sprinkled on the bread. Broil the bread until it is golden brown. If you overcook garlic, it will become bitter and lose some of its medicinal powers. One person If you're trying to lower your cholesterol, take it every day. If it's being used to treat infections, take it multiple times a day.

Macadamia Walnut Salad

This heart-healthy salad is high in omega-3 and omega-7 fatty acids, as well as fiber from the chickpeas. Dried cherries, ginger, and garlic have a variety of circulatory and immune system effects.

Ingredients

Vinaigrette:

One clove garlic, crushed

1/2-inch piece ginger, freshly peeled and finely chopped

1/2 tablespoon apple cider vinegar

Two tablespoons macadamia nut oil

Salad:

4 cups romaine lettuce, torn into large pieces

One can low-sodium chickpeas, rinsed and drained

1/4 cup cherries, dried

1/4 cup celery, chopped

1/4 cup walnuts, chopped

Instructions

In a small bowl, whisk together the vinaigrette ingredients. Remove from the equation. In a large mixing basin, place the lettuce. Toss the lettuce with the remaining salad ingredients. Before serving, whisk together the vinaigrette dressing and pour over the salad. Serves 4–6 people

Nutty Snack Mix

This dish is high in fiber, antioxidants, and heart-healthy fats, especially omega-7 fats, which are less frequent.

Ingredients

1 cup walnuts

1 cup macadamia nuts

1 cup peanuts

1 Tbsp. dried rosemary

1 tsp. garlic, dried

Two tablespoons parmesan cheese

1/4 tsp. cayenne pepper

4 cups popcorn, popped

Instructions

In an ungreased frying pan over medium heat, toast the nuts. Stir the mixture constantly. When the nuts are toasted, add the rosemary, garlic, and cayenne pepper. To combine the components, stir them together. Remove the pan from the heat. Toss in some popcorn. With a big spoon, lightly combine the ingredients. Toss in some parmesan cheese. Serve after a final mix. This recipe makes 7 cups.

Spicy Nuts and Fruit

These are rich in healthy fats and spices that stimulate circulatory health.

Ingredients

1 tsp. macadamia nut oil

1 cup macadamia nuts

1 cup walnuts

1 tsp. cinnamon, ground

1/2 tsp. ginger, powdered

1/4 tsp. nutmeg, ground

1/8 tsp. cloves, ground

1 cup apricots, dried

1 cup cranberries, dried

1 cup cherries, dried

Instructions

Using macadamia oil, coat a frying pan. Reduce the heat to medium on the stovetop. Toss in some nuts. Cook, stirring regularly, until lightly toasted. Add the spices and mix well. Remove the pan from the heat, and allow it to cool slightly. Combine the dried fruits. This recipe makes 5 cups.

CHAPTER FOUR

THE DIGESTIVE SYSTEM

The Digestive System in Detail

The digestive system is responsible for breaking down food into proper forms of energy for the body and waste removal. The mouth and teeth, esophagus, stomach, small intestine, large intestine, colon, and rectum are all part of the digestive system. The liver, gall bladder, and pancreas are not part of the digestive system, but they aid digestion and comprise the “peripheral” digestive system.

When Does Digestion Usually Begin? When you take food into your mouth, digestion begins—chewing breaks down the food into tiny pieces, making it easier to swallow and digest. Enzymes are involved in a lot of the digestive system’s activities. Amylase, an enzyme that begins to break down carbs, is secreted by your salivary glands. Food moves from the mouth to the stomach via the pharynx (the back of the throat), the esophagus, and the stomach. Food is stored and partially digested in the stomach. The meal slowly travels into the first segment of the intestine, termed the small intestine, after two to six hours. The small intestine is where the majority of digestion takes place, as well as nutritional absorption. The duodenum, located at the beginning of the small intestine, is where most digestion takes place. As the food moves through the digestive system, many enzymes operate to aid digestion. Each enzyme breaks down a particular macronutrient, such as fat, protein, or carbs. During the digestion process, each of the nutrients is processed differently. The length of the small intestine is over 20 feet. A unique lining of fingerlike projections called villi covers the interior of the small intestine. These improve the body’s absorption of nutrients. Fatty acids are directly taken into the circulation or lymphatic system. The remains of the food pass through the large intestine after the nutrients have been taken. The waste is compacted in the large intestine before being eliminated through the rectum and anus.

The Pancreas, Gallbladder, and Liver

The liver and gall bladder make up the hepatic system, and it helps with nutrient digestion, transportation, and storage. The gall bladder functions as a bile storage tank, controlling the release of bile in response to the demand for fat metabolism. Glycogen, a carbohydrate, is stored in the liver until the body requires energy. The pancreas produces pancreatic enzymes, which are necessary for nutrition metabolization.

What about dietary fiber?

The benefits of fiber for the digestive system are frequently discussed. But did you know that fiber is suitable for your circulatory and digestive systems, as well as a variety of other biological functions? Soluble and insoluble fibers are the two primary forms of fiber. Water is absorbed by soluble fiber, which promotes intestinal movement. It reduces cholesterol levels and rids the body of excess estrogen. Psyllium seed, flax, oats, sesame seeds, bananas, apples, grapes, potatoes, and beans all contain it. Wheat bran, apples, pears, tomatoes, carrots, strawberries, peas, whole grains, beets, eggplant, and potatoes contain insoluble fiber. Insoluble fiber hastens the process of elimination, and it only absorbs a small amount of water. All fiber aids in digestion and maintains healthy flora in the intestine.

How to Meet Your Fiber Needs Every Day

To improve digestive health and overall bodily wellbeing, aim for a minimum of 25 to 30 grams of fiber per day in your diet. If you’re a short-statured female, your target is 25 grams. If you’re of average or tall stature, aim for 30 grams of fiber each day. This is a simple aim because a half-cup of beans typically contains 6 to 7.5 grams of fiber. 2.5 grams come from a serving of asparagus, broccoli, cauliflower, or cabbage, while 3.7 grams come from an apple. Fill a 2-quart bowl with broccoli and cauliflower pieces and put it on their desk while working during the day, she advises her patients. When you want to chew something, eat broccoli and cauliflower. At least 10 grams of fiber will be provided. Then, at some point during the day, consume two apples and add a half-cup of beans to one of your meals. This will offer you roughly 25 grams of fiber in total.

Ethical Wildcrafting of Herbs is Important to Know

Wildcrafting is the practice of gathering wild plants in the outdoors for personal or commercial purposes. We practiced wildcrafting when our forefathers went foraging for plants for their veggies, nuts, and berries. Wildcrafting

can be done in a way that takes plants and leaves none for the following year, or it can be done in a way that leaves plenty of plants to nurture year after year. The latter method is known as “ethical harvesting.” Here are nine tips to help you pick herbs ethically.

1. The Herb must be Correct

To begin, double-check that you have the correct plant. Identifying a herb like the dandelion is relatively simple, but some herbs have similar lookalikes that can be harmful. This is why you must discover someone in your region that offers herb identification classes. Because herbs look different in the spring, summer, fall, and winter, take the course at other times of the year.

2. Don't be a thief

Ensure you have enough herbs you need when collecting the correct seasoning from the field but don't loot the entire area. Always collect far more plants than you left in the field. Many herbalists reseed their plants as they pick them.

3. Know what you're talking about when it comes to planting conservation.

Learn about the plants that are deemed threatened or endangered. Leave them to their own devices in the wild. You could prefer to cultivate your own organically. United Plant Savers is a fantastic organization that focuses on medicinal plant protection.

4. Trespassers are not welcome.

Check to see if you have the authorization to harvest on land you don't own.

5. Be Aware of Potentially Hazardous Areas

You don't want to harvest your medicine from contaminated soil, so learn about the land's past. Avoid military facilities, chemical plants, paper mills, heavily used roads, and landfills, all harmful.

6. Avoid Endangered Plants at All Costs

Because of their popularity, some once-common plants have become endangered. Concentrate on gathering common plants that perform similar functions to the ones that are in short supply.

7. Fundamental Herb Principles Should Be Kept in Mind

Roots are gathered in the spring and fall, on average. After the dew has evaporated, leaves and flowers are collected in the late mornings. Harvest leaves and flowers as soon as the buds on the leaves and flowers begin to open. When seeds and fruits are ripe, they are harvested.

8. Chemtrails in the Environment: Be Wary

Herbs can be dried by hanging them in attics or outdoors or lying on a screen in a warm, dry location. However, use caution. If chemtrails are visible in the sky, protect your herbs from the chemicals by not drying them outside. According to one herbalist friend, Dr. Donna's herbs were shinier than usual; the aluminum from the chemtrails had landed on her herbs as they dried.

9. Be Aware of Drying Times

Remember that drying timeframes vary depending on the water content of the plant and the drying circumstances.

Herbs for a Healthy Digestive System

Many herbs help the digestive system in its varied functions. Nettle-relieving herbs include lemon balm, chamomile, peppermint, and ginger. Burdock, dandelion, milk thistle, red clover, artichoke, and yellow dock are all beneficial to liver health. The GI tract is soothed by chamomile, slippery elm, aloe, and marshmallow root. The combination of papaya and pineapple boosts digestive enzymes. Laxatives include dandelion root, senna, burdock, and psyllium. Herbs that are beneficial to the liver enhance overall health. When used internally, liver tonic herbs like dandelion are also effective for curing skin issues.

Dandelion (Taraxacum officinale)

One of my favorite flowers is the small old dandelion. May makes me think of collecting bright yellow tops and

playing games with them. This is something I can now do with my grandchildren. People who enjoy lawns that resemble golf courses, on the other hand, are uninterested in these gems and have no idea what they're losing out on. If they only realized how beneficial the leaves and roots are to their health! The roots are typically used as a digestive tonic, while the leaves help with urinary problems. In pristine settings, you can gather your own. In the spring, you can find dandelion greens in food stores. They're among the world's most nutrient-dense foods. Bitters are dandelion flowers. They serve to tone the digestive tract and increase bile flow, which helps the liver operate. Vitamins A and C are abundant in dandelions. Iron, potassium, and calcium are also present. Dandelions are mild laxatives and great diuretics, in addition to helping the liver stay healthy. They also increase one's appetite. The roots can be roasted and used to make a coffee substitute drink; however, the therapeutic advantages are reduced compared to the raw root. If you want to eat dandelion greens, harvest them when they're young (before they flower), or they'll be bitter. The roots are decocted, and the leaves are made into an infusion.

*Flax (*Linum usitatissimum*)*

Almost every chapter of this book might have incorporated flaxseed and flaxseed oil. They're incredibly adaptable and have numerous health benefits. Flax seeds are high in healthful omega fatty acids, as we learned in the chapter on cardiovascular health; however, the body only absorbed 15% of plant omega-3 fats. Heat destroys the health-promoting benefits of flaxseed oil; hence it should never be heated. I use the seeds in baked items since they still provide fiber, but they should be unheated for the best benefit. The pulverized seeds are used in smoothies by Dr. Donna. Flax must be ground for its nutrients to be released. Ground flax should be kept in the refrigerator and ground as needed. Flax is a herb that is suitable for people of all ages. It should not be taken at the same time as drugs due to its demulcent characteristics. Constipation, irritable bowel syndrome, diverticulitis, and gastritis have all been clinically proven to benefit flaxseed. Flaxseed has been demonstrated to help treat breast cancer and reduce the progression of metastatic illness in studies. Flax has been shown to slow the progression of atherosclerosis or artery hardening. Flaxseed is also effective in the treatment of rheumatoid arthritis and can help lower cholesterol and triglycerides. One tablespoon of flaxseed, three times per day, is the recommended therapeutic dose. Flaxseeds are available at your local food store.

*Fennel (*Foeniculum vulgare*)*

Fennel is an excellent plant for the garden. It features fern-like foliage that is finely cut. It's also a tasty veggie to eat. The seeds are thought to be the most medicinally active portion of the plant. When my stomach hurts from overeating or eating too many rich foods, I cultivate fennel in a large pot and nibble on the fronds. Fennel is an antispasmodic and a gas reliever. It has a pleasant anise flavor, making it an excellent herb for youngsters to consume. It can also be used for colicky babies. Dr. Donna usually suggests the herb to nursing mothers since it can help them produce more milk. Suppose a mother consumes a herb while nursing, such as anise, the plant's medicinal properties can be passed on to the kid without the need to administer the herb directly. Fennel soothes stomach and intestine cramps and can also help to settle a cough.

Illnesses and their Treatments

Indigestion

Indigestion is characterized by a burning sensation in the stomach and feelings of fullness, bloating, and gas. Indigestion is caused by overeating, drinking alcohol, or eating rich foods, and indigestion can be made worse by stress.

Decoction of Fennel Seeds for Indigestion

Here's a delicious fennel seed tea to help with indigestion. It can also be used to treat colic and enhance breast milk flow. Fennel tea is also a delightful after-dinner drink.

Instructions

Make a standard decoction with 1 cup of water and one teaspoon of fennel seed in a covered saucepan for 20 minutes to utilize fennel seed medicinally. Strain the tea and drink 3 to 4 cups per day.

Instructions for Using Flax Socks to Relieve Abdominal Pain

1 to 2 cups flaxseed, heated in a clean sock for a minute or longer in the microwave. It can be used as a hot pack on

sore muscles but never directly on the skin. Always use a couple of towels on the skin and a sock on top of the towels to protect yourself against burns. This permits heat to penetrate the skin gradually. The hose does an excellent job at retaining heat. Save the entire sock (including the herb) in a bag and use it as a hot pack whenever needed. This strategy can also be used to assist someone who is having trouble relaxing or going asleep. Place a heated container on top of towels on your abdomen or chest and hold it there. It has a calming effect. Add a pinch of dried hops and lavender to the mix to boost the relaxation factor. Of course, hot packs should not be used on children under six, the elderly, or anyone who has difficulties perceiving excessive heat.

Constipation

Constipation is a persistent ailment that responds effectively to natural treatments. Herbal constipation therapies are generally more effective and well-tolerated than their pharmaceutical counterparts. Constipation can be induced by a low-fiber diet, dehydration, or a lack of physical activity. Drinking enough water and avoiding items that bind the intestines, such as bananas, dairy products like milk and cheese, and low-fiber diets, are also beneficial.

Mover of Dried Fruit

Fruit pastes are an excellent way to get herbs into your system if you have a chronic illness. They help to mask the bitterness of some herbs. Furthermore, because they store well, you may create a large batch. Fruit pastes are very useful for giving herbs to children, and Constipation can be relieved with this fruit paste.

Ingredients

2-1/2 cups water

2 oz. dandelion root

2 oz. senna herb

Two lb. prunes

One lb. dried apricots

1 cup molasses

1 cup lemon juice

Instructions

In a saucepan, combine the dandelion root and water. Bring the water to a boil. Reduce the temperature. Cook for 20 minutes, covered. Remove the pan from the heat. Add senna to the mix. Cover. Allow for 20 minutes of resting time. Remove the herbs and place them in the compost. Toss the fruit into the pan. Cook, often stirring, for 5 minutes. Combine the molasses and lemon juice in a mixing bowl. Cool. Begin with one tablespoon every day. Depending on the consistency and regularity of your bowel motions, adjust the amount higher or lower. It freezes well and can be eaten or with whole-grain toast. If you don't have senna, try using 6 ounces of dandelion root instead.

Fill 'er Up: An Easy Kitchen Weight Loss Aid High-fiber foods are whole and, hence, ideal alternatives to reduce weight. Fiber can be found in one cup of cooked dried beans, split peas, or lentils, or 1/2 cup raw oats or wheat bran. By including these items in your diet, you'll get muscle-building protein while also losing fat.

Healthy Digestive Health Recipes

Drink a Super Green Drink

To start your day, try this delicious vitamin-, antioxidant-, and fiber-rich smoothie. Alter the yogurt and fruit to your liking.

It doesn't get any easier than this when it comes to maintaining good health. Before mixing the bananas, peel them. (This is a fantastic method to get rid of ripe bananas!)

Ingredients

6 oz. low-fat Greek yogurt, plain or flavored

1 cup fresh berries
1 Tbsp. flaxseed oil
1 cup greens (preferably dandelion or kale)
1/2 bananas
2 Tbsp. flaxseed
1/4 tsp. turmeric
1/4 tsp. fresh local honey
Milk of your choice

Instructions

Using the high-speed setting on a blender, combine the items. Add one teaspoon cinnamon or other culinary spices if you wish to boost the antioxidant content. To achieve the desired consistency, add milk.

Aromatic Vegetables Roasted

Roasting vegetables is one of my favorite things to do. They're pretty simple to create, especially if you're burning an entrée. This recipe's root veggies are high in phytonutrients and fiber. Use your imagination to substitute foods and herbs modified for your requirements, as you would with most of the recipes in this book. Consider tossing in some nuts with the spices, or try adding some sea salt or a vinaigrette dressing to give some variation. You can also add herbs or cheese, such as blue or Parmesan, to the vegetables. You can make a different cuisine every night with just one recipe.

Ingredients

Baby carrots
Fennel bulb, cut in 2-inch chunks
Red onion, cut in eighths
Parsnips, cut in 2-inch chunks
Rosemary or thyme, fresh or dried
Garlic
Olive oil
Freshly ground black pepper or mixed peppercorns

Instructions

Preheat the oven to 425 degrees Fahrenheit. Vegetables in chunks Toss with just enough olive oil to lightly coat the vegetables. On a cookie sheet or broiler pan, arrange the vegetables. Garlic, herbs, and pepper should be added during the last 10 minutes of cooking. Roast until the vegetables are soft, tossing regularly.

Wok Vegetables with Fennel Bulb

Ingredients

One lb. grass-fed beef, sliced in chunks
Three cloves garlic, diced
One red sweet onion, sliced
Four ribs celery, cut diagonally
One fennel bulb, diced
Three carrots, cut diagonally

1/4 head green cabbage, sliced

1 tsp. savory

1/2 tsp. sea salt, preferably Himalayan sea salt

1/4 cup pineapple juice concentrate, diluted with 1/3 cup water

2 Tbsp. olive oil

Instructions

Cook beef chunks in a large sauté pan with olive oil, garlic, and onions until almost done. To avoid scorching, you may want to add 1/4 to 1/2 cup water. Add the remaining sliced vegetables, salt, pepper, and diluted pineapple juice concentrate. Cook, covered, over low heat for about 10 minutes, or until done. Serve with basmati rice, either wild or brown.

CHAPTER FIVE

THE INTEGUMENTARY SYSTEM

The Integumentary System in Context

The skin, hair, and nails make up the integumentary system. Our skin serves as our body's interaction with the outer environment, and it is the largest organ in our body. Did you know that 15 percent of your whole body weight is made up of your skin? Epithelial cells and other specialized tissues make up the skin. This flexible body covering contains sensory receptors, sweat glands, and oil glands. You wouldn't be able to move much if your skin wasn't relaxed. The skin protects our bodies by collaborating with the neurological system and muscles. The skin serves as a two-way barrier between the outside environment and your body.

Your skin serves as a form of defense.

Bacteria, viruses, and other germs cannot infect us if we have healthy skin. It keeps hazardous substances out and shields the body from solar radiation that might cause it to burn. Water and nutrients are also kept inside the body by the skin, where they can be utilized. Skin's Regulatory and Sensory Functions Our skin aids in the regulation of body temperature. It also gives us sensory pleasure, such as the feeling of a loved one's hand on ours. When a finger is placed on a hot surface, those same sensory nerves in the skin safeguard us from danger. The muscles and bones swiftly retreat from unpleasant sensations due to nerves in the skin. Every few days, skin cells rejuvenate. Our integumentary system gives us more than just protection; it also supplies us with beauty. Skin and hair that are healthy and supple are a symbol of freshness and vitality. The first thing new acquaintances notice about us is usually our hair and skin. The massive cosmetics industry demonstrates the importance of hair and skin in interpersonal connections.

How to Get Gorgeous Skin

Our skin gets less elastic as we age due to a variety of variables that we can influence. Here are some tips for keeping your skin healthy, preventing dryness, and preventing wrinkles.

Healthy Skin Care Suggestions

1. Moist skin is healthy skin. Drinking enough water will help your skin stay hydrated from the inside out. Limit your intake of alcoholic and caffeinated beverages, as they dehydrate your skin.
2. Keep your skin protected from the sun and wind, which can cause premature aging. When it's extremely hot or chilly outside, keep your skin covered. Radiation from the sun damages your skin, and all types of harsh weather dry it out.
3. Eat meals high in omega-3 and omega-7 fatty acids, which provide your skin with the resources it requires to restore itself. Regularly, eat nuts, seafood, whole grains, or flax seeds. It only takes around a handful of nuts every day for your skin to establish a great texture and flexibility. Supplements containing borage seed, black currant seed, fish, evening primrose, and sea buckthorn oil may also be effective.
4. Consume antioxidant- and bioflavonoid-rich fruits and vegetables. These can aid in skin regeneration and hydration as well as provide weather protection. Vitamins included in fruits and vegetable aid in the healing of injuries, burns, and scars.
5. For an added layer of protection, use antioxidant-rich skincare products on the outside of your body. Green and red teas are anti-aging and anti-sagging teas.
6. Take care of your skin both on the inside and out. What we put on our skin is just as vital as what we put in our bodies. Your skin will absorb pollutants and preservatives if you "feed" it with moisturizers and cleansers that contain them. Choose skincare products that are made from plants. Apricot kernel oil is a lovely, fragrant oil beneficial to dry and sensitive skin, and Jojoba oil nourishes mature skin. Plant oils are also available on the market. Try a few different ones to discover which one feels and functions best on your skin.

Herbs for Hair and Skin

This is the most enjoyable part of my herb classes. It has a lot of smells and calming oils in it. Why not gather a group of pals and throw a skin medicine-making party? Your skin will glow, and you'll laugh more than you ever thought possible. You will save a lot of money, and your homemade cosmetics will be better for you than store-

bought cosmetics. And did I mention it's simple? Before we get started, I'd like to tell you about some of my favorite skincare herbs. There are numerous. If you're happy with the outcomes of your current products, you might wish to invest in a herbal skincare book. There are several to choose from; begin reading.

Many skin care herbs operate by stimulating the liver. That may seem strange until you know the functions of the liver and skin. The liver, like the skin, is a crucial elimination organ. The liver is responsible for the detoxification of toxic chemicals. When toxins are removed without first being detoxified, they create inflammation and discomfort. If poisonous compounds that the liver has not broken down are removed through the skin, they can cause redness, irritation, itching, and breakouts. Healthy skin is the result of a healthy liver. Herbs that support the liver also benefit the skin. The roots of many liver tonics extend deep into the earth, extracting more nutrients and healing energy than any other plant portion. Burdock root is my favorite skincare root.

Burdock Root (*Arctium lappa*)

Burdock is a weedy, deep-rooted plant. I remember getting its round seed heads tangled in my hair as a kid—my family appeared to be constantly picking them out of my collie's tail! Even though they were unpleasant, I enjoyed the large leaves. (As a kid, I was continually tasting plants.) By the way, unless you know what you're tasting, that's not a good idea, and we don't suggest it.) Burdock seeds and roots are both used to treat various ailments. I've never used the seeds, but I do use the root all the time. Burdock can be found as a weed in the northern hemisphere or as a vegetable known as gobo. If your local supermarket doesn't have it, look for it in an Oriental market; the herb is utilized in Japanese cuisine. I cook it with carrots, parsnips, and other winter vegetables in stews. Burdock root is used as a supplement. Alternatives are healthy herbs that can be used for a long time. I keep the dried root in my kitchen cupboard for flavor, nutrients, and relief from skin irritations. Like most other roots, the root is prepared as a decoction. Burdock is high in carbohydrate inulin. It also contains a lot of minerals. The flavor of burdock is moderate and astringent. It has a mild taste and blends nicely with other herbs. Make a burdock decoction according to the directions for a standard decoction for skin disorders.

Drink three to four cups of water each day. Because alternative herbs like burdock act slowly, it may take a month or two to notice the effects. They are toners that are both powerful and delicate. Burdock is a moderate laxative that some individuals believe helps them have more frequent bowel motions. Reduce the number of cups of burdock tea you drink if you find yourself going to the restroom too frequently. Skin inflammations (including psoriasis), boils, and canker sores are all illnesses I treat with burdock root. It's thought to be a blood cleanser. Burdock may help to reduce joint pain and increase urination. Burdock tea can be used to make a hot compress to help with hemorrhoids and other inflammatory conditions.

Chickweed (*Stellaria media*)

Chickweed is a plant that grows in temperate areas. It's a common weed that grows in lawns, as its name suggests. During the spring and summer months, it should be collected and used fresh. Chickweed is a type of gummy plant. It relieves pain throughout the body, reduces inflammation, and lowers LDL cholesterol levels. It is nutritious and emollient-rich, with a good amount of vitamins and minerals. Its refreshing leaves can be used in salads. When eaten, this creeping plant nourishes the entire body, particularly the liver, and when used topically, it benefits the skin. Chickweed is a herb that has been used for hundreds of years and is entirely harmless. It helps treat rashes, eczema, and psoriasis and may help prevent plaque buildup in arteries.

Rose (*Rosa* varieties)

Isn't it true that you adore roses? I've always had a variety of roses in every garden I've ever created. The ever-blooming and repeat-blooming varieties are my favorites. The secret to successfully growing roses is to select roses that are suited to your climate. Roses can thrive in both hot and cold climates. Some people can even stand being near the ocean because of the salty air. Many old roses, such as wild roses, dog roses, and rugosas, have the most incredible scents of any rose. They also have the most significant therapeutic value. Roses are lovely medicine, in addition to looking and smelling beautiful. Hips provide up to 50 times the amount of vitamin C found in orange of the same weight. Every fall, Dr. Donna gathers rose hips. She dries them, grinds them, and feeds them to her dogs, who could use a little more vitamin C in their diet. When utilized in skincare products, roses are exceedingly delicate.

Illnesses and their Treatments

Acne

Acne is a cause of humiliation for many teenagers and adults. It's most common in adolescence and adolescence when hormonal and physiological changes accompany the shift from childhood to maturity. Acne flare-ups can be reduced by keeping the skin clean, exercising, getting enough sleep, and eating a balanced diet. Herbal teas promote profound healing to the body while also minimizing breakouts.

Pimples-Away Honey

During the adolescent years, when pimples are a nuisance, burdock is a great cure. If you don't think a teen will like tea, try this sweet dish instead. Before your teen observes cleaner skin, they will need to take one tablespoon each morning and evening for about a month. It performs admirably. If the remedy is overly sweet, mix it with a cup of chilled black or green tea or juice. Local honey is a healthy sweet with trace nutrients and pollen from the area. Consuming local honey may help reduce pollen sensitivity and improve immune system function, adding to the effectiveness of this acne treatment.

Ingredients

One lb. fresh burdock root or 4 oz. dried burdock root

One qt. water

1 cup honey, preferably local

Instructions

Burdock and water should be simmered for 45 minutes over low heat, covered. Remove the roots and place them in the compost. Measure the remaining tea. Boil, uncovered until there are about two cups of tea left. Honey should be added at this point. Return to low heat, but do not let it boil. Fill sterilized jars with the mixture. There is no requirement for refrigeration. This recipe makes 3 cups.

Skin that is Healthy for Life

It is possible to have healthy skin at any age. You can keep skin supple and encourage a healthy shine by maintaining a suitable pH balance, ensuring hygiene, and applying moderate moisturizing. Glycerin and other humectants pull moisture from the air to keep the skin from drying out.

Rosewater Skin Cleanser

Rosewater can be purchased in a grocery store, a natural foods store, or a pharmacy. It's a common ingredient in Middle Eastern cuisine and pastries. It has the ideal pH for healthy skin and is mild and calming. Rosewater also adds a beautiful scent to skincare products. Glycerin can be found in pharmacies or health food stores. It's excellent for skincare and preparing children's herbal remedies. This is my favorite facial cleanser because it's mild and smells luxurious. It's the next best thing to waking up in the middle of a garden.

Ingredients

1 cup rosewater

1/2 cup vegetable glycerin

Instructions

In a pot, gently heat rosewater and glycerin until extremely hot but not yet simmering. Fill a sterile bottle with a narrow neck with the mixture. Allow cooling. Use a cork or a lid. For all skin types, use as an extra gentle skin cleanser. After using, wash your face. Make a significant amount and put it in elegant bottles with a decorative bow for gifts that will be appreciated!

Irritations and Rashes on the Skin

A variety of factors can cause the skin to itch and develop rashes. Rashes and skin irritations can be caused by various factors, including dryness, allergies, harsh cleansers, and hormone fluctuations. This salve is gentle enough for babies, but it can also be used to treat other skin irritations.

The therapeutic properties of the herbal oil and beeswax act as a moisture barrier for inflamed skin.

Chickweed Salve

Rashes, eczema, and psoriasis can all be relieved with this excellent salve.

Ingredients

Chickweed leaves and flowers, freshly picked

Olive oil

1/4 cup beeswax

Instructions

Chickweed should be picked between 10:00 a.m. and noon for optimal potency. Place the leaves on a screen or towel for a couple of hours or until they are limp, then transfer to a glass jar. Drizzle olive oil over the top. Make sure the herbs are packed down and that the oil covers them by about 1 inch. Cover the pot with the lid. Keep the jar in a bright spot, like a window, for at least two weeks. At least once a day, could you give it a good shake? Make sure the herbs are well-coated in oil. Strain the herbs through multiple layers of cheesecloth after two weeks.

Squeeze the towel tightly to absorb all of the chickweed's therapeutic powers. In the top of a double boiler, pour the oil. Beeswax should be added at this point. Warm gently until the beeswax has dissolved. Fill tiny closed containers with a salve that has been sterilized by boiling. To avoid mold, make sure the jars are dehydrated before pouring in the ointment. The oil will thicken into a lovely barrier cream as it cools. Allow cooling to room temperature before using. As needed, apply to clean skin.

MEDICINAL PLANTS

INTRODUCTION

The usage of medicinal plants may appear cutting-edge and novel in our little realm of civilization, but the truth is that humans have always looked to the world of green for health and nourishment. Plants provide the earliest known cures for diseases that still afflict us today, ranging from headaches to painful feet, muscle cramps, to depression. We join people who have picked plant parts and prepared them according to their cultural customs throughout history as we better understand medicinal herbs, their powers, and their limitations. In current days of contemporary medical research, we have the advantage of being able to study how and why these plants can do what they do for our brains and bodies in many circumstances. This book aims to bring ancient and modern knowledge together, identify the excellent therapeutic capabilities of both common and uncommon plants, and apply current science to comprehend better how the plant world interacts with humans.

Learning About Medicinal Plants

Healing plants are easy to come by these days. Capsules and tablets, tinctures and oils, branded with the names of both known and exotic plants, are prominently displayed at health food stores, organic food co-ops, and even conventional grocers and drugstores. Herbal teas are available with black teas and coffee. The claims for select plants, such as ginkgo as a memory aid, have risen to the point of sensationalism, with promises that far outweigh either traditional applications or scientific data. Herbal healing has become a commercial enterprise, and we risk losing sight of what it is all about. Indigenous healers had to find, gather, and process the herbs they thought were worthwhile. They were familiar with the plants' growth cycles and which sections of the plants to harvest, and how to do it. Those who work in the commercial herb industry nowadays are just as knowledgeable. Their products occasionally remind us of their earthy, botanical origins: Cayenne powder hurts the tongue. At the same time, aloe gel pours as thickly from the bottle as it does from the freshly cut leaf. Today's herbal remedies, on the other hand, are frequently tailored to provide the treatment without overwhelming the senses: "Experience garlic's miraculous powers without the aftertaste!" Knowledge of medicinal herbs and other healing plants will only make their use as part of our culture more functional, practical, and long-lasting in the future. Recognizing that a substance comes from a plant with distinct growth patterns and a natural range somewhere specific on the planet, whether administered in a pill, a capsule, a tube, or a bottle, opens up additional levels on which herbal medicine can enhance our lives and culture as well as heal our bodies. The more we know, the more accurately and appropriately we can use these incredible plants—and the healthier we will be.

How to Grow Your Pharmacy

There are various ways to incorporate medicinal herbs into your daily routine, but none is more rewarding than growing your own. Suppose you're lucky enough to have an outdoor kitchen garden; set aside a section for your herbal pharmacy. Several therapeutic herbs, some already well-known as culinary herbs, are simple to start from seed and grow year after year in temperate climates. Calendula and members of the carrot family, such as parsley and fennel, are annuals or biennials. You may maintain crops of these herbs yearly if you start them from seed and allow some seeds to ripen and fall. Pay attention to the species and diversity of plants you grow when starting your medicine garden. Always get growing stock from credible sources that identify the plant variety, whether roots, seeds, or complete plants. Some garden kinds differ from those with the most significant healing potential. When choosing which species to cultivate, compare the scientific names, not only the colloquial terms. The effectiveness of medicinal herbs varies from plant to plant, garden to garden, and year to year, just as the vigor of flowers and vegetables relies on soil, climate, weather, and other growth factors. While we applaud the desire to employ simple homegrown herbs for healing, we equally acknowledge the importance of carefully managed harvests and dosages.

Medicinal Herbs as a Business

In the United States alone, the medicinal plant sector is worth \$5 billion – even more if you factor in research monies supporting ongoing searches for traditional medicinals with promise for modern pharmaceutical development. Herbal treatments are even more widely acknowledged as part of a regular health regimen in many developed countries outside of the United States. The debate over how government authorities should deal with the medicinal herb industry, self-regulated through groups like the American Botanical Council and the American Herbal Products Association, continues. Herbal remedies face regulatory obstacles that are distinct from those faced by pharmaceutical drugs. The World Health Organization leads an effort to produce global guidelines for good manufacturing practices (GMPs) for herbal products. The U.S. Food and Drug Administration has issued guidelines for “dietary supplements”, including medicinal herbs, vitamins, and minerals.

The Use of Medicinal Herbs in a Safe Environment

Consumers of commercial herb mixtures should learn more about what they’re buying and how to use it medicinally. Herbs have a lot of power. Read the labels, follow the dose instructions, and avoid mixing herbs on your own. Although this book identifies multiple herbs that may cure the same health problem in many circumstances, it in no way implies that a person should use them all at the same time. Many commercially marketed herbal teas contain herbal blends to increase flavor and benefit, but users should avoid blending herbs independently. Before beginning to use herbal remedies, it is best to obtain the opinion of a healthcare expert. Seek guidance before using herbal medicines, primarily prescription drugs, because some herbal-pharmaceutical combinations might be harmful or create unwanted side effects. Pregnant and breastfeeding women should avoid herbal treatments, and parents should seek guidance before providing herbal remedies to youngsters.

Herbs Can Be Used in a Variety of Ways

Herbal medicines exist in a variety of forms, each with its own set of rules:

Tea is made by pouring boiling water over plant pieces and allowing them to steep for a short period.

Decoction: A lengthier tea preparation in which plant pieces are simmered for a more extended period in hot water.

Plant components are added to a sugar-water or honey-water solution to make syrup.

Powder: Dried plant pieces are mashed with a mortar and pestle, as is customary.

Essential plant components are dissolved in a water and alcohol solution to make a tincture.

Alcohol is infused with essential plant fragrances.

Ointment: Powdered or vital plant parts are blended with beeswax in an oily substance such as olive oil, petroleum jelly, or lard.

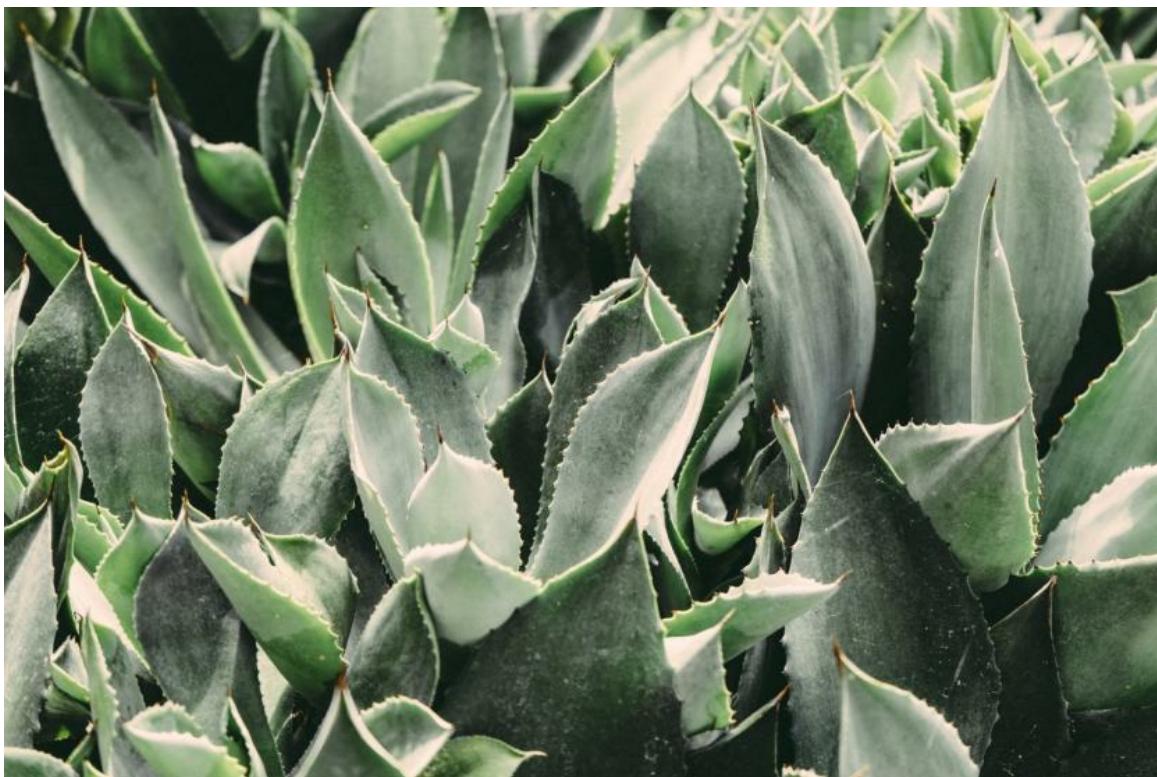
Fresh or dried plant components are moistened and put on the skin as a poultice.

With so many commercially available herbal preparations, it’s essential to read labels to ensure that the product contains a “standardized extract,” which is the manufacturer’s guarantee that the levels of active herbal ingredients in the tea, tincture, salve or other product are measured and controlled from batch to batch. Standardization ensures that classes are correct, consistent, and effective. This is especially essential in capsules and tablets, the most popular administration form for commercial herbal medicine today. Including specific products, companies, or organizations in this book does not imply endorsement by the publisher or the authors. This extensive range of delivery techniques has been limited down in this book to the three most common: tea, tincture, capsule or pill, topical application, and in or as food, for the sake of simplicity and to mirror contemporary practices. To individuals who want to incorporate medicinal herbs into their everyday life, whether as part of a regular health regimen or as an alternative or addition to contemporary medical treatments, we recommend that they read, learn, and think about it.

CHAPTER ONE

HERBAL PLANTS

Aloe vera



Aloe is a plant that is native to North Africa and the Mediterranean Sea's coastal areas. It is one of the most well-known herbal treatments. Many sunny kitchen windowsills are adorned with pots of Aloe, whose thick, eshy leaves are ready to be used as a quick and uncomplicated treatment for scalds and burns. A leaf plucked from the plant and split open reveals a transparent, mucilaginous gel in its heart, remarkably effective for soothing wounds and burns, speeding healing, and reducing infection risk. Aloe latex is a crystalline substance made from the bitter, yellowish sap that seeps from the leaf's skin (not to be confused with the gel).

Therapeutic Uses

Burns (first- and second-degree)

Psoriasis

Colitis

Diabetes

Aloe vera is well-known for its ability to relieve sunburn. Its medicinal effects are maybe less well known, ranging from easing minor cuts and skin issues to perhaps lowering blood sugar levels in people with diabetes. The inner mucilaginous—or gooey—part of the aloe leaf is used topically to treat various skin diseases. According to new research, ingesting this gel has been shown to lower blood glucose in diabetes and relieve symptoms of ulcerative colitis. Polysaccharides, which have a calming effect on mucous membranes, and enzymes, coat inflamed skin and relieve pain, are found in aloe gel. Aloe may potentially have antimicrobial properties. Aloe has been used for several skin disorders, such as first- and second-degree burns and psoriasis, for these reasons, and it has shown to have better results than more traditional therapy. Aloe cream, including 0.5 percent of the gel in powdered form, helped 30 persons with second-degree burns heal their wounds faster than sulfadiazine, a routinely used antibacterial

treatment. In addition, a study of 80 psoriasis patients found that a 70% aloe cream worked just as well as a 0.1 percent triamcinolone cream, which is commonly recommended for the condition. Aloe gel is used to make so-called aloe juice. Aloe juice products contain gel, which can be fresh or dried and powdered. These products, marketed as aloe juice, may also have water, citric acid, fruit juices, preservatives, and other ingredients. Aloe gel is also found in various cosmetics, such as topical creams, lotions, and shampoos.

Aloe gel can be used in a variety of ways. For burns and other skin disorders, apply to the skin many times a day. Take 25 to 30 ml (about two teaspoons) twice a day for colitis and 10 to 20 ml (about one tablespoon) twice daily for diabetes. Follow the manufacturer's instructions.

Precautions

Aloe is safe when administered topically. On the other hand, Aloe may slow the healing of deep, open wounds, such as those caused by surgery. Aloe gel should be anthraquinone-free and gentle on the stomach, although leaf extracts can include all portions of the leaf, including gel and latex. It is critical to purchase aloe gel derived from the inner leaf and is free of aloin. Aloe juice, which contains aloin, can be used as a laxative and irritate the intestines. Long-term use can cause electrolyte depletion and reliance on the juice to maintain regular bowel movements. The juice should not be consumed by anyone suffering from acute or severe gastrointestinal complaints. Internal use of aloe vera is not recommended for children, pregnant women, or nursing mothers.

BILBERRY (*Vaccinium myrtillus*)



The bilberry, a cousin of the blueberry, is a tasty, dark purple fruit that grows on a branching shrub that rarely

reaches higher than knee height. Birds love ripe bilberries, and hikers stumbling over them in the woods are in for a treat. The plants are difficult to cultivate; thus, most bilberries grow wild. It's no surprise that bilberries have made their way into practically every imaginable culinary treat, from jams, pies, and tarts to sorbets, liqueurs, and wines, thanks to their excellent flavor. Fraughan is an Irish term for bilberry, derived from the Gaelic word *fraocháin*. The berries are traditionally gathered on Fraughan Sunday, the first Sunday in August, which correlates to an ancient Celtic harvest celebration. According to folklore, the more bilberries people pick on that day, the better the harvest will be. Bilberry has been used for generations as a medicinal herb to treat diarrhea and improve circulation.

Therapeutic Uses

Eye health

Antioxidant

Diarrhea

Bilberry has been used as a food and medicinal for a long time. Fresh or cooked, the fruit is enjoyed for its sweet-sour flavor. Bilberry fruit is also used to make syrup, which can cure diarrhea and other digestive issues. This is most likely due to tannins, which have astringent and anti-inflammatory properties. German health authorities still approve the use of dried, ripe fruit to treat acute diarrhea. However, most of the current server is focused on the Bilberry fruit's possible value in preventing age-related disorders. Anthocyanosides, plant pigments that have been found to work as potent antioxidants in the body are abundant in bilberry fruit. According to research, these potent molecules may help protect the body from heart disease, oxidative stress, and inflammation and preserve brain function and eye health. A growing amount of data connects oxidative stress, defined as an increase in free radicals and other oxidation-promoting chemicals, to various age-related and degenerative disorders. Although many fruits and vegetables can help lower oxidative stress, the bilberry—along with its American cousin, the blueberry—has received much attention. The anthocyanosides in this berry appear to have a particular affinity for the eyes.

Bilberry extracts have been shown in animal experiments to protect the retina from injury. Patients with diabetes and hypertension-related retinopathy, a set of significant retinal abnormalities that can lead to blindness, improved in two minor double-blind, placebo-controlled investigations. Bilberry extract may also have a preventive effect on colorectal cancer, according to researchers. Patients with colon cancer were given a bilberry extract for seven days in a trial conducted at the University of Leicester in England. Cell development in the tumors was reduced by 7% after they were surgically removed. This could be due to anthocyanosides' ability to stop blood vessels from growing in the tissue surrounding a solid tumor. Cancer's ability to grow and spread is aided in part by the blood vessels.

How to Use

Fresh berries: 1 cup of fresh fruit every day. If bilberries aren't available, American blueberries can be substituted.

One tablespoon dried berries in 2 cups water, simmered for 20 minutes. Strain. For diarrhea, drink 12 cups every 3 to 4 hours.

Extracts: A dose range of 360 to 600 mg per day of an extract standardized to contain 25% anthocyanosides is generally used (also written as anthocyanins).

Precautions

There have been no reported side effects. Bilberry can help the eyes, heart, and gastrointestinal system, but it shouldn't take the place of proper medical care.

BLACK COHOSH (*Actaea racemosa*)



Black cohosh is a plant that grows in wet, shady forests in eastern North America. It has also evolved into a popular garden perennial that rarely goes overlooked over time. Black cohosh begins to send up tall, woody stems covered in tiny, pearl-shaped buds shortly after July. The stalks take on the appearance of soft, white bottlebrushes when the buds open, rising above the dark green foliage. Honeybees despise the flowers, while flies and beetles adore them, which could explain at least two of black cohosh's other common names, bugbane, and bugwort, respectively. Black snakeroot is another option. Dig around the plant's base and expose its twisted rhizomes, which resemble dark tiny snakes, to see where this term comes from.

Therapeutic Uses

Menopause

Premenstrual syndrome

Menstrual cramps

Arthritis

Mild depression (melancholy)

Black cohosh is mainly used to treat menopause-related symptoms. Menopausal symptoms (hot flashes, night sweats, and sleep difficulties), as well as premenstrual syndrome and monthly cramping, are all recognized by German health authorities. Early research revealed that black cohosh functioned as a phytoestrogen, or natural estrogen, lowering hot flashes and vaginal dryness. However, the current study has indicated that black cohosh has no hormonal effects in postmenopausal women. The efficacy of black cohosh for menopausal hot flashes has been studied in more than 20 published clinical trials. Although some studies demonstrate a slight improvement in symptoms, not all clinical trials have been successful. When black cohosh is coupled with St. John's wort, it may provide additional benefits. In one 301-woman clinical trial, the combination resulted in a 50% reduction in symptoms, compared to a 19% reduction in the placebo group. The efficacy of black cohosh for hot flashes has yet to be determined by current studies. Scientists at the University of Illinois at Chicago have discovered that molecules in black cohosh function as antidepressants and reduce pain sensitivity, confirming its historical use for melancholy, a gloomy mood, and widespread use for arthritis and menstrual pain. There have been no clinical trials to see how beneficial it is for these problems.

How to Use

Tea: Cook for 10 minutes in 2 cups water with two tablespoons minced root and rhizome. Strain. 2 to 3 times each day, drink 14 cups.

Capsules: Take 40 to 200 mg of dried rhizome in divided dosages once a day.

Tincture: Take 1 to 2 mL three times a day. 20 to 40 mg black cohosh extract twice daily, standardized extract. The amount of 27-deoxy-actein in a product is usually standardized to 1 to 2 mg.

Precautions

Clinical research has demonstrated that black cohosh has no adverse effects other than minor gastrointestinal distress. According to a few studies, black cohosh may cause liver damage in rare situations, forcing European, Australian, Canadian, and British health authorities to require product labeling advising anybody with any form of liver condition to consult with a healthcare specialist. It is unknown whether or not it is safe to use during pregnancy and breastfeeding.

CALENDULA (CALENDULA OFFICINALIS)



Calendula, often known as pot marigold, poet's marigold, or just gold, is not confused with *Tagetes*, the unpleasantly perfumed common garden marigold. Calendula flowers have a mild aroma and are edible, unlike *Tagetes* species. The flowers appear to float above the plant's grayish-green, slightly sticky stems and leaves, with single or several rows of petals in sunny yellow or bright orange. Calendula blooms profusely. Its name comes from

the Latin *calendae*, which means “small calendar” or “little clock.” Calendula’s proclivity for blooming at the new moon of summer months (in some climes, virtually every month) or its habit of partially closing its petals with the lowering sun could be the reference.

Therapeutic Uses

Dermatitis

Wounds

Calendula’s warm yellow flowers have long been a go-to treatment for anything from eczema and abscesses to acne and abrasions. Calendula has been certified by the German health authority for the treatment of wounds, based on research proving its anti-inflammatory effects and efficacy in aiding wound closure with new tissue. Calendula is known to have two critical skin-healing properties. Triterpenoid molecules, such as oleanolic acid, appear to have antibacterial properties. Calendula’s anti-inflammatory effects could be due to a triterpenoid molecule functioning as an antioxidant in the healing process, preventing damage from oxygen radicals. Calendula products have been researched and created to treat a variety of human illnesses. For example, a mouth rinse containing calendula extract, green tea, tea tree oil, and manuka oil was developed due to research indicating that calendula rinses reduce gum inflammation or gingivitis. Another study randomized 254 breast cancer patients to apply calendula ointment or trolamine, a routinely used medication, the twice day before receiving radiation treatment. The calendula group experienced less radiation-induced dermatitis and had fewer treatment interruptions. Calendula ointment can be made by heating the plant in petroleum jelly, straining it, and allowing it to cool before applying it to the skin. When the owners are first extracted with high-dose alcohol before being included in creams or ointments, the anti-inflammatory effects of calendula, as well as its efficacy for many skin disorders, may be more pronounced.

How to Use

Topical preparations containing varied concentrations of calendula are integrated into various skin products, including soaps, creams, ointments, salves, and lotions. To cure mild skin disorders, apply the preparations 3 to 4 times each day.

Precautions

Those who are allergic to Asteraceae plants may develop a sensitivity to topical usage. If a rash appears, stop using the product.

CAYENNE (*Capsicum annuum*)



Mexico, Southeast Asia, China, southern Italy, various Caribbean islands, and Cajun cultures in North America all have one thing in common: hot pepper. The fiery fruits are borne by plants belonging to Capsicum, not the tiny black peppercorns processed in pepper mills. Capsicum is grown in over a thousand different types all over the world. They produce brightly colored fruits that differ in color, size, and shape and heat intensity. The heat comes from capsaicin's plant component, which has pain-relieving qualities and imparting flavor to meals.

Therapeutic Uses

Arthritis

Nerve pain

Despite its intense flavor, purified cayenne pepper, which contains capsaicin, is effective topical pain relief. Capsaicin is absorbed through the skin and attaches to specific receptors, depleting a substance involved in transmitting pain signals to the brain. Nerve damage resulting from diabetes or other nervous system issues is one type of ailment that causes pain. Creams containing at least 0.075 percent capsaicin, administered to a sore location for 6 to 8 weeks, have been demonstrated to alleviate this discomfort. One high-dose patch containing 8% capsaicin may be beneficial in some circumstances. The pain usually worsens for a few days before progressively getting better; the benefits are generally maintained even after treatment is stopped. Some studies have found that over-the-counter therapies with a lower proportion of capsaicin are less efficient, either because of the lower dose or decreased absorption. People who suffer from the persistent discomfort of shingles use these creams as well. Capsaicin creams may also help with osteoarthritis. Over six weeks, creams containing 0.025 percent capsaicin have been demonstrated to help relieve joint pain in adults suffering from osteoarthritis; one study found that using the 0.075 percent cream for four weeks reduced arthritic pain and tenderness in the hands.

How to Use

Apply a lotion containing 0.075 percent capsaicin 3 to 4 times daily for nerve pain. For arthritis, lower-dose creams containing only 0.025 percent capsaicin used four times a day may be effective. Treatment is usually recommended for 6 to 8 weeks for best benefit; however, results for arthritis may appear sooner than that. Other higher-dose forms of cayenne, such as a patch and injections, are being developed by researchers and appear to be promising for pain treatment.

Precautions

Cayenne preparations can create a rash and burn, stinging, and redness when applied to the skin. The inflammation, which is more typically an irritant than an allergic reaction, is usually worst on the first application of the preparation and improves with subsequent applications. However, if the rash worsens over time, medication should be stopped, and the inflammation should promptly enhance. Please do not use it on skin that has been broken. People will occasionally get a cough after taking higher strength remedies, owing to the spicy chemical breathed.

CHAMOMILE (*Matricaria recutita*)



Chamomile's lacy green leaves and tiny, daisy-like flowers have a unique apple aroma after rain or light damage. That could explain the herb's Spanish name, manzanilla, which translates to "small apple," as well as the medieval

practice of strewing chamomile stems and flowers across the floors to freshen the air. Chamomile has a long history in herbal therapy, thanks to two nearly related species. The effects of German chamomile (*Matricaria recutita*) are similar to those of Roman or English chamomile (*Chamaemelum nobile*), but the perfume is not as strong. For generations, both types of this herb have been treasured as a treatment for psychological tension, muscle cramps, skin disorders, and digestive troubles in newborns, children, and adults, especially when brewed as a pleasant-tasting tea. Chamomile is the most famous European herb used in herbal therapy today.

Therapeutic Uses

Digestive aid

Colic

Mouth ulcers

Eczema

Chamomile has been used to relax people of all ages and ease their digestive systems for millennia. Scientists couldn't record and validate chamomile's healing and protecting effects on the gastrointestinal mucosa until the 1970s (lining). German health authorities have recognized the effectiveness of chamomile for easing digestive spasms and inflammation when taken internally. When eaten after meals, chamomile relieves bloating and indigestion, and it can also help with occasional heartburn. Chamomile is widely regarded as the best children's herb for soothing upset stomachs and relaxing frayed nerves after a long day. Do you recall Peter Rabbit? After his excursion sampling, all of the veggies in Mr. McGregor's garden leaves him with a tummy that needs soothing; his mother offers him a dosage of chamomile tea ("One tablespoonful to be administered at bedtime.") When colicky newborns were compared to those in the control group, chamomile, in conjunction with other herbs, was found to be particularly effective in lowering crying times. Chamomile is also often used to treat oral and skin irritation. A whopping 82 percent of individuals with persistent mouth ulcers evaluated chamomile extract as excellent for pain relief in research. Chamomile contains compounds that have been demonstrated to aid in skin healing and infection prevention. A unique chamomile cream was shown to effectively relieve eczema as a low-dose, over-the-counter hydrocortisone cream when applied topically. Chamomile can also be used in lotions to treat diaper rash, skin irritations, and minor wounds. Germany's health commission has also recognized the effectiveness of using chamomile externally for inflammation of the skin mucous membranes, particularly those of the mouth and gums.

How to Use

Tea: 1 teaspoon herb soaked in 1 cup boiling water 5–7 minutes of steeping. The longer it steeps, the stronger the relaxing effects become.

500 to 1,000 mg dried chamomile flowers in capsules, taken 2 to 3 times a day.

3 to 5 ml tincture, taken 2 to 3 times a day.

Creams are available for use on the skin. Use precisely as indicated.

Precautions

Chamomile is a very safe herb to use. Allergic responses are rare, but they do happen, especially in people who have severe ragweed allergies.



The chaste tree is frequently misidentified. When people first see the leaves of this little tree, they may do a double-take because they resemble the leaves of marijuana (*Cannabis sativa*). Because both plants produce long clusters of violet flowers favored by bees, butterflies, and hummingbirds, a blossoming chaste tree is commonly mistaken for a butterfly bush (*Buddleia*). Small, fleshy fruits follow the flowers, containing dark brown seeds readily mistaken for peppercorns in appearance and taste. These seeds represent a 2,500-year-old link between virtue and chaste trees. The chaste tree was supposed to calm sexual excitement in ancient Greece. It was an essential part of Demeter's, the goddess of agriculture, fertility, and marriage, celebrations. Women who kept their virginity during the commemoration were decked with the tree's sweet blossoms. Vestal virgins in ancient Rome carried chaste tree twigs. The chaste tree was eventually taken as a symbol of purity by the Catholic Church in medieval Europe. Novices arriving at a monastery walked down a path lined with fresh tree blossoms. Monk's pepper gets its name because chaste tree seeds, which are said to decrease sexual desire, were pulverized and distributed in monastic dining halls to encourage virtue.

Therapeutic Uses

Premenstrual syndrome

Breast tenderness (mastalgia)

Premenstrual syndrome (PMS) is a collection of physical, psychological, and emotional symptoms that appear 5 to 10 days before menstruation. It is claimed that up to 90% of women suffer from PMS regularly. The dried fruits of the chaste tree have been demonstrated to relieve PMS symptoms on numerous occasions significantly. German health authorities recommend the herb to treat PMS, menstrual irregularity, mastalgia, or breast discomfort. The efficacy of chaste tree was examined in 178 women with PMS in three-month research published in the British Medical Journal. PMS symptoms such as irritability, moodiness, rage, headache, and breast fullness improved significantly in Chaste tree users. Overall, women who took chaste trees had a 52 percent reduction in PMS symptoms compared to 24 percent for placebo. In Beijing, China, another randomized, placebo-controlled research of the chaste tree was done. There were 208 women with PMS who took part in the study. Women who took a 40-mg chaste tree extract had significantly fewer PMS symptoms than those who took a placebo. PMS is often treated with antidepressant medication when the psychological symptoms are more severe (premenstrual dysphoric disorder). The chaste tree was shown to be essentially similar to fluoxetine (Prozac) in terms of alleviating mental and physical symptoms in a randomized, controlled experiment. For women who are having trouble conceiving, the

chaste tree is occasionally prescribed. Using chaste tree extracts daily for at least three months has boosted female fertility by restoring progesterone levels. However, more research is required before any recommendations can be made.

How to Use

Tea: 12 teaspoons dried chaste tree fruit, steeped in 1 cup boiling water for 5–7 minutes Strain. Each morning, drink 1 cup. Note that the tea has a spicy, acidic flavor.

Capsules contain 250 to 500 mg of dried chaste tree fruit, which should be taken once daily.

Tincture: Take 2 to 3 mL of the mixture every morning.

20 to 40 mg of chaste tree extract taken once a day is a standardized extract.

Precautions

Clinical research shows that chaste tree is exceptionally well tolerated. While there have been no reports of detrimental effects during pregnancy, women should seek medical advice before using the chaste tree to treat infertility.

CHOCOLATE (Theobroma cacao)



Life would be bleak for many people all over the world if they didn't have chocolate. Chocolate is a treasured food that is inextricably linked with celebrations, comfort, indulgence, and luxury, whether it is satiny black or creamy. Cacao is its source, a tiny tree native to Central and South American forests that produces huge pods full of dark brown seeds. Fragrant cocoa, decadent chocolate, and creamy cocoa butter all come from the sources. Cacao

production may have begun more than 3,000 years ago with the Olmec culture of eastern Mexico. Cacao seeds were fermented, roasted, and mashed into a paste by the Olmec and later by the Maya and Aztec. It was whipped into a frothy, spicy chocolate drink using water, chili peppers, cornmeal, and other ingredients. The glass, as well as the seeds from which it was manufactured, were revered. Chocolate was actual “the meal of the gods” in ancient Mesoamerica, as Theobroma indicates.

Therapeutic Uses

Antioxidant

Heart health (including blood pressure and cholesterol levels)

Anti-inflammatory

As more studies link chocolate consumption to better cardiovascular health, it's becoming evident that chocolate is both a food and medicine—not only tasty but also beneficial to your health. The principal therapeutic effects of chocolate are due to a group of molecules known as polyphenols, which are potent antioxidants and anti-inflammatories. They also give chocolate its dark brown hue. Green tea, red wine, and a variety of fruits and vegetables all contain similar chemicals. Interestingly, the polyphenols in chocolate appear to be more powerful antioxidants than antioxidants found in other meals. These polyphenols are thought to have a variety of effects in humans. They may halt one of the steps in the formation of plaques in coronary arteries by reducing the oxidation of low-density lipoprotein (LDL), or bad, cholesterol that has been deposited there; as a result, LDL plaque does not become as firmly established and is less likely to rupture and clot, resulting in a heart attack. High-density lipoprotein (HDL), or good cholesterol, is also increased by these polyphenols, protecting against cardiovascular disease. These chemicals are also weak inhibitors of platelet function, causing blood to be thin, similar to aspirin. Cocoa butter is another intriguing component of chocolate. Cocoa butter makes up a large portion of chocolate by weight. Cocoa butter is considered “healthy” fat since it contains oleic acid, monounsaturated fat in olive oil, and stearic and palmitic acids, two saturated fats. These fats appear to work together to balance the benefits to the heart and cholesterol levels.

How to Use

Choose dark chocolate with at least 70% cacao to maximize the polyphenol content and the therapeutic benefits of this delightful treat.

Precautions

Chocolate can be stimulating due to the tiny amount of caffeine and a similar molecule called theobromine, making it difficult to fall asleep after a late-night snack. Chocolate's fat content packs a calorie punch so that overeating chocolate can pile up. In addition, as the quantity of cacao in chocolate decreases, milk lipids replace it, reducing the benefits of cacao butter and binding beneficial polyphenols, making them less absorbable.

CINNAMON (*Cinnamomum verum*)



Cinnamon's warm, sweet scent is unmistakable, conjuring up images of warm cinnamon pastries and mulled cider. Sri Lankan cinnamon (*Cinnamomum verum*) is native to the island. Cassia (*Cassia cassia*) is a near relative grown in Vietnam, China, and Indonesia. Both types are made from the fragrant inner bark of a laurel family tree. Cinnamon was a valuable item that was widely traded throughout antiquity. The Egyptians regarded it as an essential component in embalming mixes used to scent and preserve the dead. It was added to a holy oil for anointing by Moses in the Old Testament. Cinnamon was at least 15 times more expensive than silver in Rome in the first century A.D. It was still pricey centuries later. Only the very affluent in medieval Europe could afford this costly spice with high demand and a low supply. In the 16th and 17th centuries, European expansion into Asia was motivated to monopolize the cinnamon trade. Cinnamon became more commonly available and affordable over time.

Therapeutic Uses

Diabetes

Cinnamon may be particularly beneficial to people with diabetes, and the bark is mainly utilized for medicinal purposes. Cassia cinnamon contains a polyphenol component known as methylhydroxychalcone, which has a tongue-twisting name. Cinnamon's main medical benefit is reducing blood sugar in persons with diabetes due to this chemical. The substance appears to act on insulin receptors and aid in synthesizing glycogen, or sugar stored in the body. Cinnamon also has antimicrobial effects (from the essential oil) and antioxidants (from the polyphenols), with the latter likely assisting with some diabetes issues. Clinical research has looked at cassia cinnamon's effects on fasting blood sugar levels in persons with diabetes. Although one trial reported improvements in fasting blood sugar and cholesterol levels in type 2 diabetes (up to 29 percent in some situations), other investigations found no effect. Cinnamon may work better in those with poorly controlled diabetes, but other factors, including genetics and drugs, could explain why cinnamon works sometimes and doesn't.

Powdered cinnamon spice is an alternative for diabetics, but it is essential to use around one teaspoon daily for good blood sugar levels. Cassia cinnamon is not the same as the common spice found in supermarkets.

Cinnamon capsules came in various quantities and proposed uses; research on type 1 and people with type 2 diabetes utilized 1 to 6 g cinnamon per day, divided into two doses.

Precautions

Cinnamon is generally well tolerated, though the volatile oil might create a rash on the skin. Trim levels of coumarin are found in cassia and other cinnamons; however, excessive doses consumed over long periods can cause blood thinning and liver issues. Anyone with liver disorders should proceed with caution. People should stop taking cinnamon in quantities more significant than that used as a spice at least one week before surgery because of its

blood-thinning effects. Medications should not be taken during pregnancy. To avoid dangerous blood sugar drops, people with diabetes should have their blood sugar levels closely monitored.

Cranberry (*Vaccinium macrocarpon*)



The American cranberry is a reddish-purple fruit native to the wetlands and bogs of northeastern North America. It can still grow wild in sections of its natural area, stretching from eastern Canada through Georgia's mountains and West to Minnesota. Most of the cranberries that currently find their way into meals and drinks — and grace millions of Thanksgiving tables — are grown on enormous commercial farms. Cranberry belongs to the *Vaccinium* genus, including blueberry, huckleberry, and bilberry, among other notable berries. Cranberry is most likely originated from crane berry, a term coined by Dutch and German immigrants because the flowers resembled a crane's head and neck or because cranes flocked to cranberry bogs when the fruit was ready.

Therapeutic Uses

Bladder infections (prevention)

The tasty, native North American cranberry is the herbal medicine most linked with maintaining a healthy urinary tract. Initially, it was assumed that cranberries prevented urinary tract infections by acidifying the urine; however, scientists have discovered that proanthocyanidins inhibit harmful bacteria like *Escherichia coli* from sticking to the cells lining the bladder and urethra. This is welcome news because *E. coli* is responsible for 90% of all urinary tract infections. Researchers looked at seven studies of cranberry juice and four studies of cranberry extract tablets in 2008. Compared to control groups, both means of delivery reduced the risk of a urinary tract infection by 35% in patients with a history of frequent infections. This study is significant, especially given that approximately 25% of all women may experience a recurring urinary tract infection at some point in their lives. While there is considerable support for using cranberry to prevent urinary tract infections, there is little evidence that it is an effective treatment after a urinary tract infection has occurred. Antibiotics are the most effective treatment for a bladder infection. Cranberry juice or tablets can also be used as a urinary deodorant by incontinent people.

How to Use

Juice: Cranberry juice is a delightful and straightforward approach to keep urinary tract infections at bay. Ocean Spray cranberry juice, 10 ounces per day, was utilized in one well-designed trial.

Compared to the juice, cranberry extract in tablet form has been equally effective, better tolerated, less expensive, and has fewer calories. The recommended dosage of concentrated juice extract is 300 to 500 mg twice daily.

Precautions

Given the widespread use of cranberry by the general public, it is safe to conclude that there are almost no adverse effects connected with its use. Cranberry is healthy to consume during pregnancy and nursing, as well as in children's diets. Although many case reports have raised concerns about a possible interaction between cranberry juice and the blood thinner warfarin, research in humans has found no adverse effects.

DONG QUAI (*Angelica sinensis*)

Dong Quai, also known as Chinese angelica, is a celery family member native to central China's cold, mountainous regions. For millennia, it has been utilized in traditional Chinese, Korean, and Japanese medicine and cuisine. Dong Quai is said to have first appeared in treatment due to a man's desire to show himself. He heads out for the mountains, hoping to prove his strength and ingenuity by surviving in the wilderness. Before he goes, the man informs his loyal wife that if he doesn't return in three years, she should assume he's dead and marry someone else. And that is precisely what occurs. However, the man reappears soon after the wife remarries. She becomes terminally ill as a result of her heartbreak. The man collected the root of a plant he'd never seen before during his mountain journey. He mixes it as a medicine and administers it to his wife, who recovers completely. Because the herb is supposed to help restore normal, healthy function to numerous body systems and the body as a whole, the name dong Quai is sometimes translated as "return to order." Dong Quai is one of the most commonly recommended herbs in Chinese medicine, and it's typically used in conjunction with other herbs to treat women's health issues. It's sometimes referred to as female ginseng because of this.

Therapeutic Uses

Women's tonic

Premenstrual syndrome

Menstrual cramps

Kidney tonic

The root of the Dong Quai plant is still one of the most commonly utilized medicines in traditional Chinese medicine. It's well-known for treating women's health issues like painful periods and postpartum lethargy and weakness. Merck introduced Eumenol, a dong Quai extract, to Europe in the late 1800s to treat gynecological symptoms; it acquired favor in the West. According to studies, Dong Quai may contain mild estrogenic activity, and it is frequently prescribed for menopause symptom alleviation. However, dong Quai was no better than a placebo for reducing hot flashes in a randomized, double-blind, placebo-controlled clinical trial of 71 postmenopausal women. The use of dong Quai alone rather than in combination with other herbs, as it is in traditional Chinese medicine, was severely criticized in this study. In a study of menopausal women, a herbal mixture combining *Angelica sinensis* root, *Paeonia lactiflora* root, *Ligusticum* rhizome, *Atractylodes* rhizome, *Alisma Orientalis* rhizome, and *Wolfiporia cocos* reportedly reduced hot flashes by 70%. In many traditional systems of medicine, herbal mixtures are the norm rather than the exception, and clinical trials including only one herb may lead us to conclude that a herb is ineffective incorrectly. Dong Quai has been used to tone and strengthen the kidneys and boost the immune system when combined with astragalus (*Astragalus membranaceus*). According to one study, this combination significantly slowed the loss of renal function and damage in animals with chronic kidney disease. Psoralen, which is found in Dong Quai and other *Angelica* species, is occasionally used with ultraviolet radiation to treat psoriasis. According to studies, this method improves psoriasis in 40 to 66 percent of patients.

How to Use

Tea: 1 to 2 tablespoons root, simmered in 1 cup water for 5–7 minutes. Strain. 2 to 3 times each day, drink 1 cup.

1 g capsules, taken 2–3 times per day

3 to 5 mL tincture, taken 2 to 3 times a day [As previously noted, Dong Quai can be used as part of a herbal combination.]

Precautions

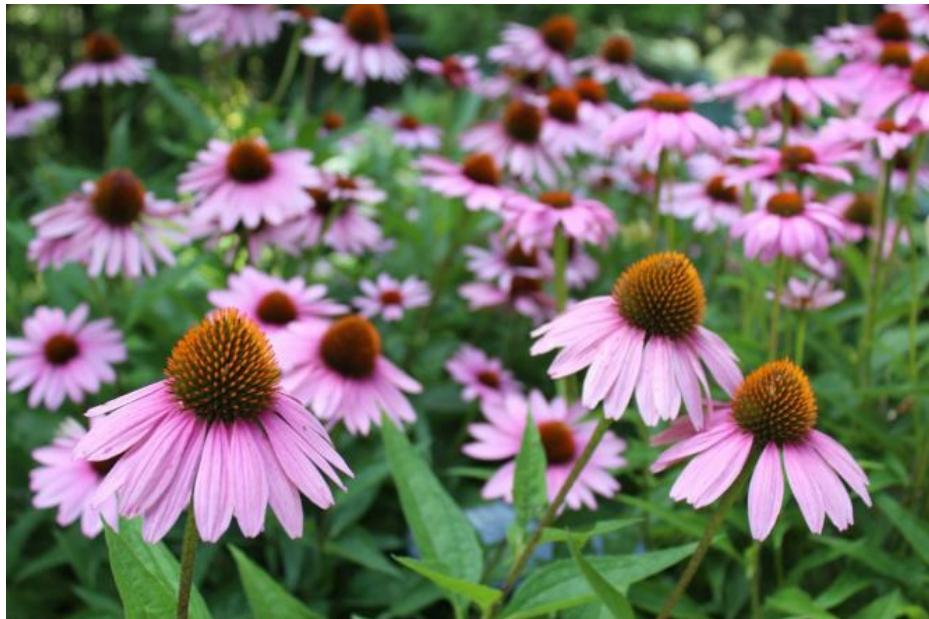
Dong Quai should not be used by those with bleeding disorders or take anticoagulants, as it may increase the risk of bleeding. It's best to avoid using it if you're expecting a child. In principle, the psoralen in dong Quai could cause

photosensitivity.

CHAPTER TWO

HERBAL PLANTS

ECHINACEA (Echinacea purpurea, E. Angustifolia, E. pallida)



Echinacea, a vigorous and distinctive wildflower native entirely to North America, is a must-have for any sunny perennial border or herb garden. The spiky, domed centers of Echinacea's flowers are ringed by a single layer of lavender-hued petals, giving the herb its common name, purple coneflower. The genus name, Echinacea, originates from the Greek *echinos*, which means "hedgehog," therefore, the "cone" is appropriately named. Native cultures in North America used at least three types of Echinacea medicinally hundreds of years before European settlers arrived. To the Indians of the Great Plains and surrounding areas, the herb was a universal cure. Almost no other plant was employed for as many therapeutic applications like this one.

Therapeutic Uses

Colds and flu

Wounds

Echinacea is one of the most well-researched herbs in modern herbal treatment. It has a reputation for shortening the duration and intensity of common colds. It has been proven to have various effects on the immune system, ranging from higher antibody responses to increased interferon levels for fighting viruses to encouraging white blood cells to work harder to fight against infection. Echinacea has several chemical components that differ depending on the plant's three species, portions, and extraction methods: Polysaccharides, glycoproteins, and alkylamides have antiviral and antibacterial properties. Researchers are still looking at how Echinacea works. Echinacea daily does not appear to prevent catching a cold; however, some studies suggest that it can shorten the duration of a cold by one to two days. Take adequate doses of a decent product at the earliest indication of illness to observe results.

How to Use

Tea: Boil one teaspoon root in 1 to 2 cups water for 10 minutes, or steep 1 to 2 teaspoons echinacea leaf/flower in 1 cup boiling water for 10 minutes.

Take an echinacea root tincture or the expressed juice from fresh Echinacea purpurea above-ground portions stabilized in alcohol when you have a cold. Take 1 to 2 ml straight or diluted with water every 2 hours.

Capsule: The dose varies depending on the plant component and species used in each echinacea product. Follow the

manufacturer's guidelines.

Precautions

If you have an autoimmune illness, you should avoid using immune-boosting herbs like Echinacea. Echinacea may suppress certain liver enzymes, potentially boosting blood levels of drugs including itraconazole (for fungal infections), lovastatin (for cholesterol reduction), and fexofenadine (for pain relief) (for allergies). As a result, extreme caution is advised using Echinacea or other drugs, including birth control pills. People who are allergic to other Asteraceae (daisy) plants may experience a rare allergic reaction. Some persons report dizziness or slight stomach distress. Echinacea at high dosages might cause nausea.

GARLIC (*Allium sativum*)



Garlic belongs to the genus *Allium*, which contains onions, leeks, and chives, and is distinguished by its slender green leaves, bulbous white roots, and spicy flavor and perfume. Garlic has been a part of human civilization in both the East and the West since ancient times, valued as a vegetable, condiment, and medicinal. This herb, which was first grown over 7,000 years ago, was long regarded to provide strength and stamina. Garlic and onions were supplied to the legions of slaves that built Egypt's huge pyramids daily. Garlic was used by the first Olympic athletes in Greece before games, making it one of the oldest performance-enhancing substances. Garlic was widely employed in spells and charms to ward off many kinds of evil, including witches and, more popularly, vampires. Garlic has long been revered for its medicinal properties, particularly in the treatment of infections.

Therapeutic Uses

Diarrhea

Coughs and colds

Heart health

Garlic is an essential component of many ethnic cuisines and has a long history in herbal therapy. It is also well-known for fighting infections, particularly in the gut and lungs. Garlic could be crucial in the fight against antibiotic resistance (when bacteria and parasites are no longer susceptible to antibiotics). In 1858, Louis Pasteur was the first to document garlic's antimicrobial properties. For years in Africa, Albert Schweitzer relied on garlic to treat amoebic dysentery. According to modern studies, garlic can destroy various diarrhea-causing pathogens, including *Salmonella*, *Escherichia coli*, *Entamoeba histolytica*, and *Giardia lamblia*. Many germs that cause colds and pneumonia are also harmed by fresh garlic. A pilot study found that taking a garlic supplement could help you avoid getting a cold. Garlic not only fights infection but may also lower the risk of certain malignancies. A population-

based study published in the Journal of the National Cancer Institute in 2002 found that males who ate a lot of garlic and scallions had a lower incidence of prostate cancer. Garlic is also beneficial to the digestive system. In seven studies, garlic eaters who consumed the rawest and cooked garlic had the lowest risk of colorectal cancer. Multiple studies have shown Aged-garlic extracts to prevent or minimize gastrointestinal damage caused by methotrexate, a medication commonly used to treat autoimmune diseases. Garlic is also an excellent addition to a heart-healthy diet for a variety of reasons. Though its effects are minor, it aids in the reduction of cholesterol and blood pressure. Garlic also makes platelets less sticky, which lowers the risk of blood clots.

How to Use

Because cooking deactivates some of garlic's activity, eating it is one of the simplest methods. The best form of garlic is raw garlic. Toss a salad with a couple of crushed garlic cloves, olive oil, and a squeeze of lemon.

Capsules: When purchasing garlic capsules, search for standardized ones to allicin, a vital component. According to research, garlic products containing 4 to 8 mg allicin per day are ideal.

Precautions

Garlic is a safe and well-tolerated ingredient in most people's diets. There is a slight danger that consuming more raw garlic (more than four cloves per day) can affect platelet clotting ability, so it's best to cut back ten days before surgery and avoid exceeding this quantity if you're on anticoagulant medication. Garlic can potentially cause interactions with HIV-treatment medicines.

GINGER (*Zingiber officinale*)



Ginger is a spice that has been used as a spice in Asia for at least 4,400 years. It has evolved into one of the world's most famous gastronomic delights over the decades. Everything from Indian curries and Thai stir-fries to gingerbread and ginger ale benefit from its intensely clean, somewhat sweet, zippy heat. *Zingiber*, the genus name for ginger, originates from the Greek *zingiberis*, the Sanskrit *sringabera*, which means "horn-shaped." The knobby shape of the plant's roots, or more precisely, rhizomes, is the reference. Ginger is appreciated as an aid to digestion and a treatment for stomach trouble, diarrhea, and nausea, and its tuberous underground stems are used in cooking and herbal medicine.

Therapeutic Uses

Motion sickness

Morning sickness

Nausea and vomiting

Inflammation

Coughs and colds

Ginger is used to relieving indigestion and nausea in herbal medicine, and this historical practice has been firmly supported by scientific research. Ginger has been found in numerous human trials to lessen nausea and vomiting associated with pregnancy, motion sickness, and chemotherapy. According to a National Cancer Institute study, patients who took 0.5 to 1.0 g of ginger for three days before and after chemotherapy, coupled with antinausea drugs, experienced a 40% reduction in nausea. The exact mechanism by which ginger reduces nausea is unknown. Still, the current thought is that molecules in ginger attach to receptors in the gastrointestinal tract, which subsequently operate to minimize nausea and speed digestion, lowering the amount of time food spends in the stomach. Ginger is being studied to see whether it can help with arthritic pain and inflammation. Ginger improves osteoarthritis pain in the knees better than placebo in human studies, but not as good as ibuprofen. On a cold winter night, sip a cup of hot ginger tea and enjoy the warming characteristics of ginger, which increase circulation by gradually opening blood vessels in the feet and hands. Ginger tea not only warms your toes but may also help you stay healthy. Many viruses that cause the common cold are destroyed by compounds found in ginger!

How to Use

Tea made with fresh ginger: 1-inch fresh ginger rhizome, sliced into tiny pieces Simmer for 15 minutes in 2 cups water over low heat. Strain. Coughs and colds can be treated with 1 to 3 cups of tea each day, improving circulation.

One cup boiling water + 14 to 12 teaspoon ginger powder = dried ginger tea. Steep for 10 minutes. Pour the liquid tea over the powder and toss it out. Drink 1 cup after each meal to relieve gas and bloating, as well as nausea.

Take 250 to 500 mg 2 to 3 times per day in capsules.

Concentrated extracts are commonly used to treat osteoarthritis.

Use precisely as indicated.

Precautions

The addition of ginger to one's diet is safe for both children and adults. In some people, ginger might produce moderate heartburn. Dry ginger should not be consumed more than 1 g per day by pregnant women. Without medical supervision, do not take high dosages of ginger with anticoagulant medicines (blood thinners).

GINKGO (Ginkgo biloba)



Scientists have discovered fossils of ancient trees with delicately veined, fan-shaped leaves that are deeply notched to form two half, or lobes, in rock layers dating back 270 million years. Some of these fossils are nearly comparable to the leaves of *Ginkgo biloba*, a live tree. It is the only surviving member of the *Ginkgo* genus, a living fossil found in a remote area of southeastern China. In the 11th century, when ginkgo was treasured as a sacred plant and grown for its unusual fleshy seeds, Buddhist monks began planting it there. These seeds were given the name *yinxing*, which means “silver apricot” in Chinese. *Yin-hsing* is supposed to have been corrupted into *gingkyo* in Japan, where ginkgo was first introduced. Ginkgo leaves and seeds have been employed in traditional Chinese medicine since the 15th century and were most likely utilized in folk medicine even earlier.

Therapeutic Uses

Antioxidant

Mental health

Circulation

Ginkgo and its leaves, maybe our oldest known tree, have been used as a herbal treatment for ages. Ginkgo includes glycosides, powerful antioxidants that preserve nerve cells, and terpene lactones, which alleviate inflammation. Ginkgo is used to treat impaired circulation as well as the pain associated with peripheral vascular disease. However, research examining these effects has found only a slight advantage over placebo. Ginkgo is commonly used to prevent and cure dementia in Europe, Canada, Australia, and the United States. *Ginkgo biloba* extract (GBE) has been proven in several studies to alleviate symptoms and stabilize or delay the progression of dementia, including Alzheimer’s disease. According to studies, these extracts also appear to help with age-related memory loss (much less severe than dementia). Recent research in the United States has not been as positive. GBE did not prevent cognitive deterioration in elderly persons with normal cognitive function, according to a 2008 study published in the journal *Neurology*. However, memory loss was slowed among those who took ginkgo as prescribed. In 2008, much more extensive research published in the *Journal of the American Medical Association* failed to show that consuming GBE (120 mg twice a day) prevented dementia in persons aged 72 to 96 who had an average or mild cognitive function. A follow-up study published in the same journal in 2009 found no evidence of a significant reduction in cognitive decline. Ginkgo, however, has been shown to improve vascular function in trials. In several investigations, extracts were found to enhance walking distance in individuals with peripheral artery occlusive disease, a condition in which arterial dysfunction in the legs causes pain with even light exercise.

How to Use

Tea: 1 teaspoon ginkgo leaf, steeped in 1 cup water for 5–7 minutes. Strain. Drink 1 to 2 glasses of water per day.

Tincture: Take 3 to 5 mL twice a day or as directed by the manufacturer.

Most studies have used 120 mg extracts standardized to 24 to 27 percent flavone glycosides and 6 to 7 percent triterpenes twice a day.

Precautions

Ginkgo leaf is thought to be safe, as evidenced by significant clinical research and widespread use. There may, however, be an effect on blood clotting. Those on blood clot-prevention drugs should seek medical advice before using them. Ginkgo should be avoided for at least three days before surgery. Because of the potential of increased bleeding, it is not recommended for use during pregnancy.

GINSENG (*Panax ginseng*, *P. quinquefolius*)



Ginseng has been dubbed the “King of Herbs,” “Heaven’s Root,” and “A World Wonder.” *Panax ginseng* is the most famous medical herb to have come out of Asia, having been used for thousands of years in China, Korea, and India. *Panax quinquefolius*, its North American counterpart, was discovered later but has similar effects and is valued almost as highly. Ginseng is described in ancient Indian writings as a life-giving plant with magical properties. Koreans believed that ginseng leaves gave forth a radiance on moonlit evenings centuries ago. Ginseng hunters scoured the woods for the eerie brightness and used arrows to mark the plant’s location so the precious roots could be harvested the next day. Ginseng hunting was dangerous, but the benefits were plentiful. As a result, by the 1600s, China’s wild ginseng had been exploited nearly to extinction. The early 1700s saw the discovery of *Panax*

quinquefolius in North America, which sparked a ginseng craze. Many early settlers made a living by digging ginseng roots from the wet soil of eastern forests. Several early American businesspeople and explorers, like John Jacob Astor and Daniel Boone, were involved in the lucrative ginseng trade, which saw tens of thousands of tons of American ginseng shipped to Asia.

Therapeutic Uses

Tonic

Diabetes

Immune system function

Ginseng is one of the most well-known herbal tonics, or adaptogens, having potential benefits for various medical ailments. Adaptogens are substances that assist the body resist disease and recover from illness. Each *Panax* species differs slightly; extracts of different ginsengs' roots contain various phytochemicals and have other effects. Extracts of both the whole root and isolated components have been shown in lab studies to serve as antioxidants, improve immune system function, and reduce inflammation. Asian ginseng has been the subject of the majority of clinical studies. While preliminary research suggests that Asian ginseng extracts may improve quality of life and reduce fatigue and psychological symptoms in menopausal women, it does not manage symptoms such as hot flashes. Both 100 and 200 mg of ginseng daily for eight weeks helped 36 persons with type 2 non-insulin-dependent diabetes lower their fasting glucose levels. Hemoglobin A1c tests, the primary method for comparing blood sugar levels, improved only in individuals who took the higher dose. Studies have shown both ginseng species lower blood sugar levels in persons with type 2 diabetes. American ginseng has also been shown to lower blood glucose levels in type 1 diabetics in studies. Ginseng is beneficial to the immune system in both animals. A specific Asian ginseng extract improved immunological response to the flu vaccine and decreased colds in one study.

How to Use

Extract: Standardized Asian ginseng extracts comprising 4 to 7 percent ginsenosides, dosed 100 to 200 mg daily.

1 to 2 mL tinctures, up to 3 times daily

3 to 6 tablespoons root, simmered in 3 to 4 cups water for 45 minutes. 1 to 3 times a day, Strain, calm, and drink a cup.

500 to 1,000 mg dried powdered root, taken 1 to 2 times daily in capsules

Precautions

When taking ginseng, keep an eye on your blood pressure. People with diabetes should exercise caution since ginseng might reduce blood sugar levels. Asian ginseng is a stimulant that might cause insomnia or anxiety and moderate stomach trouble or headaches in some people.

GOLDENSEAL (*Hydrastis canadensis*)



Goldenseal is an American native that belongs to the buttercup family and used to be abundant in the eastern United States' deciduous woodlands. The vivid yellow inside the plant's eshy rhizomes gives it its common name, "golden" (underground stems). Seal refers to minor circular marks on the twisted, wrinkled surface of the rhizome that were considered to resemble the decorative seals previously used to stamp warm wax onto envelope flaps. Goldenseal was utilized by Native American cultures to make a gorgeous golden yellow dye. In the 1700s, they also used the herb medicinally and introduced its therapeutic virtues to European settlers. Goldenseal had become so popular a century later that it was severely overharvested, an assault that lasted well into the twentieth century until wild stocks were legally protected. Goldenseal is a top-selling herbal supplement advertised to improve digestion, heal illness, and enhance the immune system. It is now cultivated but still scarce in the wild.

Therapeutic Uses

Digestive aid

Diarrhea

Antimicrobial

The woodland goldenseal is a well-known native North American plant. Eastern tribes used it extensively. From 1830 to 1955, goldenseal was a popular social medicine in the United States. Several pharmaceutical companies, notably Parke-Davis, Eli Lilly, and Squibb, developed and sold goldenseal products in the late 19th and early 20th centuries. Goldenseal is still a popular herbal therapy in the United States today, especially for treating gastrointestinal problems. When investigating medicinal plants, it's often helpful to look back in time. Scientists at the University of Chicago recently discovered that goldenseal extracts are very active against numerous *Helicobacter pylori* strains. These bacteria cause the majority of peptic ulcers and stomach malignancies in test-tube trials. While several components contribute to the overall therapeutic effects of goldenseal, the primary infection fighter is berberine, a yellow alkaloid. Many germs that cause diarrhea, such as *Giardia lamblia* and *Entamoeba histolytica*, are destroyed by berberine. Chronic diarrhea caused by these organisms might result in significant dehydration and weight loss.

Given that roughly 20% of the world's population is chronically infected with *Giardia* and 50 million individuals are infected with the amoeba *E. histolytica*, goldenseal, and other plants containing berberine could play a significant public health function. Salves and ointments containing goldenseal are used to treat skin infections. Berberine has been demonstrated to be effective in the treatment of psoriasis and may also be helpful in the treatment of mild fungal infections of the skin. Although goldenseal has a bitter taste, it is an effective mouthwash and can treat canker sores and mouth ulcers.

How to Use

Goldenseal is harsh and unappealing as a tea because of its bitterness.

Capsule: 1 to 3 g each day, on average.

2 to 4 mL tincture, 2 to 3 times a day

Topical: Ointments and salves are widely available. Use precisely as indicated.

Precautions

Because goldenseal might cause uterine contractions, it is not suggested for usage during pregnancy. Goldenseal may potentially interact with enzymes in the body that help to break down pharmaceutical drugs. Before taking goldenseal, people who are taking other medications should see their doctors or pharmacists.

Grapes (Vitis vinifera)



Grapes and the wine derived from them have been a part of human culture for thousands of years. Archaeologists working in Georgia have discovered several pottery jars within Neolithic remains dating back to roughly 6000 B.C. A reddish residue remained in the pots, indicating that wine had been consumed. Because grapevine domestication did not begin until approximately 5000 B.C., this primitive wine was most likely prepared from wild grapes. Some of the first documented mentions of grapes and wine may be found in Sumerian manuscripts dating back to 3000 B.C. Many Egyptian tombs have colorful depictions of grape picking and wine manufacturing, indicating the prominence of *Vitis vinifera* in ancient Egypt—and in the afterlife—by at least 2700 B.C. Phoenician sailors were bringing grapevines across the Mediterranean to Greece 700 years later. Grapes and grape growing expanded over Europe and the rest of the world from there.

Therapeutic Uses

Heart health

Antioxidant

Grape juice, seed, and skin have all been studied separately and combined by scientists. While grapes contain various health-promoting chemicals, avonoids, particularly resveratrol, have earned international prominence as powerful antioxidants. Resveratrol is found in the skin, seeds, and stems of grapes and is a component of dark purple grape juice and red wine. It may help prevent blood vessel damage, lower bad cholesterol, and inflammation, and avoid blood clots by reducing bad cholesterol and inflammation. Avonoid chemicals are found in higher concentrations in purple and other dark-colored grapes than in light-colored grapes. Is red wine better for your heart than white wine? Some studies demonstrate that red wine is better for heart health than other types of alcohol, while others show that red wine is no better than beer, white wine, or liquor. As a result, it's encouraging that Georgetown University researchers have discovered that grape juice, like red wine, reduces the chance of blood clots, which can contribute to heart attacks. Grape juice is also a fantastic option for folks who don't consume alcohol or want to limit their intake. The antioxidant benefit of grape juice is another advantage. Researchers at the University of California, Davis, discovered that catechin, another critical antioxidant in grapes, stays in the blood for more than 4 hours after drinking grape juice, compared to only 3.2 hours for full-strength cabernet that alcohol hastens catechin breakdown. Grape seed extracts are beneficial to human health, according to a growing body of study. Proanthocyanidins, found in grape seeds, are potent antioxidants that may help prevent heart disease, diabetes, and cataracts. The grape-seed extract has been found in human studies to lower blood pressure, cholesterol, and inflammation.

How to Use

Women should have one serving of wine each day, while males should have one to two.

4 to 6 ounces of dark purple grape juice per day is recommended.

300 to 600 mg per day of grape-seed extract

Precautions

Because grapes are one of the more pesticide-prone crops, it's best to buy organic grapes whenever feasible. Higher amounts of alcohol can raise the risk of breast cancer in women; thus, they should limit their intake to one serving each day. During pregnancy, alcohol should be avoided.

HOPS (*Humulus lupulus*)



Hops are the pale green, cone-shaped fruits of a hardy, twining vine found in Europe, Western Asia, and North America. Brewers—and beer drinkers—are perhaps most familiar with them for imparting fragrance and flavor to beer. Hops were initially used to preserve beer because of their natural characteristics, and they were only afterward valued for the bitter but pleasant taste they bring to the drink. The Romans ate the young shoots of the hops plant as if they were asparagus, a habit that persisted into the twentieth century in rural regions of the British Isles. Hops were given the name *Lupus salictarius* by Roman physician Pliny the Elder, which means “willow wolf” and relates to the vine’s habit of twining around other plants and strangling them, much like a wolf does to sheep. The plant’s scientific name, *lupulus*, means “little wolf” in Latin, a similar metaphor. Hops were employed as a medicine in Europe and North America by Native Americans. Their main medicinal benefit today is as a relaxing, natural sedative.

Therapeutic Uses

Digestion

Nervousness

Insomnia

Menopause

Hops have been used to promote appetite and digestion, reduce toothache and nerve pain, and treat insomnia worldwide. At the same time, they are best known for being a key ingredient in manufacturing beer. Abraham Lincoln is believed to have relied on hops pillows to relax and sleep well. Hops are still approved for usage in Germany for “discomfort owing to restlessness or anxiety, as well as sleep disturbances.” The majority of scientific studies on hops’ effectiveness for anxiety and sleep have used a combination of hops and valerian, another famous calming herb. According to three controlled studies, this combination is more effective than placebo and comparable to benzodiazepines (sleep drugs) in reducing the time it takes to fall asleep and enhancing sleep quality. When the subjects stopped taking the herbs, none of the studies reported severe morning sleepiness or rebound insomnia. The possible use of hops to treat menopausal symptoms is one area that has gotten a lot of interest. According to researchers, at least one primary ingredient in hops, 8-prenylnaringenin, has been associated with significant hormonal action. A standardized hops extract reduced hot flashes, night sweats, and sleeplessness in menopausal women in 6-week research. According to another study, a topically applied gel comprising hyaluronic acid, vitamin E, and hops extract significantly alleviated vaginal dryness in postmenopausal women. Hops could be a viable alternative to traditional hormone therapy, but additional research is needed to ensure long-term safety.

How to Use

Tea: In 1 cup water, steep one teaspoon hops strobiles (female flowers) for 5 to 7 minutes. To taste, add honey. Thirty minutes before bedtime, drink a glass of water.

500 mg capsules, taken 1–3 times a day; typically used in conjunction with valerian root.

2 mL tincture, taken 1 to 3 times per day.

Precuations

Women who have had breast cancer or are at risk for it should avoid hops until more is known about the possibility for increased hormonal activity triggered by hops. It is unknown whether or not it is safe to use during pregnancy. Hops may have sedative effects, so do not drive or operate heavy machinery when using them.

LICORICE (*Glycyrrhiza glabra*)



Nobody knows who was the first to notice that licorice's twisted, earthy rhizomes have an intense sweetness. However, evidence of licorice consumption can be found in ancient cultures. Archaeologists discovered bundles of licorice root locked within Tutankhamen's 3,000-year-old tomb, apparently so that the Egyptian pharaoh could brew mai sus in his afterlife, a sweet drink still relished in Egypt today. *Glycyrrhiza glabra*, sometimes known as

European licorice, was a species known to both the ancient Egyptians and the ancient Greeks. The name of the genus originates from Greek words that indicate “sweet root.” But licorice’s allure was not limited to its sweetness. Licorice root was also used as a medicine, particularly to treat digestive and respiratory problems.

Therapeutic Uses

Sore throat

Cough

Heartburn

Gastritis

This plant, which is more often known as candy or candy flavoring, also has medical benefits. Licorice root coats sore throats and soothes coughs, heartburn, and gastritis thanks to its demulcent (tissue-coating) characteristics. Licorice’s thick mucilage may create the coating, or the body produces secretions in response to licorice ingredients. Combination medications in the treatment of dyspepsia and asthma and the topical therapy of canker sores have been a few research trials. The triterpene saponins, a group of molecules found in licorice, are responsible for the herb’s sweetness and antiviral effects and can cure stomach ulcers.

How to Use

Licorice Lozenge: For a sore throat, use a licorice tablet every few hours for many days. Licorice’s coating characteristics calm irritated tonsils and throats.

Try a licorice decoction to relieve a chronic cough, especially one caused by an upper respiratory infection that causes nasal drip. 2 cups boiling water, 1 to 2 teaspoons minced licorice root Cook for 10 minutes at a low temperature. Drink 12 cups 3 to 4 times a day for up to a week after straining and cooling.

Tablets: Deglycyrrhizinated licorice or DGL pills work effectively for heartburn, gastritis, and other illnesses that require licorice medication for more than a week. Take 1 to 2 380-mg tablets before meals and at sleep.

Precautions

A licorice ingredient called glycyrrhizin can deplete the body’s potassium and elevate blood pressure if eaten over long periods. If consumed for less than a week at the doses listed above, licorice is generally considered safe. Those with gastritis or heartburn who require long-term treatment can avoid potassium and blood pressure worries using DGL medication. With any licorice, persons taking blood thinners or blood pressure medications, people with high blood pressure, and people with kidney or heart problems should be cautious. Licorice should not be consumed during pregnancy or breastfeeding.



Parsley is one of the most extensively used herbs in the world, with curly or flat leaves. In many Middle Eastern, European, and American dishes, it's a must-have ingredient. Parsley has also become a practically common garnish on restaurant meals, which is often overlooked. Parsley was considered with significantly more reverence by the ancient Greeks. They thought the herb was devoted to the dead since it was associated with death and oblivion. Parsley has garnered a variety of superstitions over the centuries. If you pluck a sprig of parsley while chanting an enemy's name, you may be able to bring about their death. If you transplant it, give it away, or choose it when you're in love, you'll almost certainly end up with a disaster. The Romans appear to have been the first to cultivate parsley as a culinary herb, and it slowly moved north and east. Parsley had progressed from a condiment in sauces and salads to a revered medicinal herb by the Middle Ages. Parsley is still utilized for health issues today, such as urinary tract infections.

Therapeutic Uses

Kidney stones

Diuretic

Urinary tract infections

High blood pressure

When suffering from one of the body's most severe conditions—kidney stones—this mild-tasting herb is the plant to turn to. The therapeutic effects of parsley ease pain in a variety of ways. The fragrant oils found in all parts of the parsley plant—leaf, root, and seeds—have diuretic effects, enhance blood flow to the kidneys, and reduce urine inflammation. Only the root has been approved for use as a diuretic by Germany's Commission E, which regulates the efficacy and efficacy of medical herbs. The mobility of kidney stones may be aided by diuresis and possibly by irritation of the inside of the urinary tract. The diuretic, circulatory, and anti-inflammatory properties of parsley contribute to its capacity to fight urinary tract infections like cystitis. The diuretic qualities of parsley could theoretically aid in blood pressure reduction.

How to Use

Food: Parsley is a portion of food, a fresh or dried plant used in many dishes. Some medical effects may be gained this manner; however, greater doses usually are recommended. The urinary tract, for example, necessitates about 6 g of parsley leaves or roots every day.

Alcohol extracts, tinctures, or parsley, are usually dosed at 1 to 2 mL three times daily.

450 to 900 mg parsley leaf per capsule, up to 3 times daily.

One cup boiling water + 14 cups (or 2–3 tbsp) fresh parsley leaves = tea. Allow for 5 minutes of resting time before straining and drinking up to 3 times per day. If desired, the tea might be sweetened.

Preccautions

Because parsley can stimulate both menstrual flow and the uterus, it is not recommended for pregnant women. Parsley can create a rash when it comes into contact with sunlight on the skin, especially in persons with lighter skin. Anyone with kidney problems should avoid parsley because of its many effects on the kidneys. If parsley is combined with high-blood-pressure drugs, caution should be exercised to prevent a dangerous reduction in blood pressure.

PEPPERMINT (*Mentha x Piperita*)



The aromatic plant that gives peppermint candy its excellent, refreshing flavor is peppermint. It's one of the more than two dozen mint species in the *Mentha* genus. Minthe is a Greek nymph who had the misfortune of falling in love with Hades, god of the underworld, and was later changed into a little tiny plant by Hades' jealous wife. According to the myth, Hades tries to make amends with Minthe by lovingly smelling her small, green leaves. Peppermint is relatively newer, even though various mints appear to have been cultivated since the time of the ancient Egyptians. It was identified in England in 1696 as a natural hybrid of two unrelated mint species. Peppermint cultivation flourished quickly across Europe, and immigrants brought the herb to the New World. Peppermint is one of the most popular flavorings in the world today. It's also a well-known herbal cure for indigestion and other digestive problems.

Therapeutic Uses

Indigestion

Irritable bowel syndrome

Colds and coughs

Muscle aches

Tension headache

Peppermint has traditionally been used as a digestive herb. This fragrant plant relaxes the digestive tract muscles and increases bile flow from the gallbladder, assisting the body in fat digestion. Peppermint relieves intestinal gas, lowers abdominal cramps, and calms an upset stomach for these reasons. Peppermint oil, especially when coupled with caraway seed oil, has been shown in studies to be as effective as or better than standard indigestion therapies. Irritable bowel syndrome (IBS) is characterized by chronic abdominal pain and bouts of constipation, diarrhea, or both. Peppermint oil is the most frequently studied herbal medicine for treating IBS. IBS affects women disproportionately, and there are few effective treatments. Most clinical trials demonstrate that peppermint oil is more effective than placebo and comparable to prescription drugs in treating IBS, mainly when diarrhea is the primary symptom. Most people readily tolerate peppermint oil. The main ingredient in peppermint, menthol, is beneficial to the respiratory system. Warm peppermint tea can help thin mucus, loosen phlegm, and soothe a stuffy nose. The use of mentholated ointments, tablets, and steam inhalants for coughs has been approved by the Food and Drug Administration. Coughing is promptly relieved when the vapors are applied to the neck and chest. Peppermint, which is used topically in products like BENGAY and Tiger Balm, calms the skin and relieves itching from bug bites or poison ivy and arthritis and headaches.

How to Use

Tea: 1 teaspoon dried peppermint leaves, or 6 to 8 fresh leaves, in 1 cup boiling water. Allow 10 minutes for the tea to steep. Strain and set aside to chill. After meals, consume 2 to 3 times per day.

500 to 1,000 mg dried peppermint leaf capsules, taken after meals, IBS is treated with long-acting peppermint oil pills. Peppermint oil, 0.2 mL, was given 2 to 3 times a day with meals in experiments.

Lozenges: Lozenges with 5 to 10 mg menthol should be used for sore throats and coughs. Menthol products should not be given to children under the age of two.

Topical: Rubs and ointments are available. Apply 2 to 3 times per day, or as suggested by the manufacturer.

Precautions

Peppermint should not be used if you have gastroesophageal reflux disease (GERD) or a hiatal hernia, as it can aggravate heartburn. Peppermint oil should never be applied to the face of a newborn or small child under the age of five because it might produce spasms that prevent breathing.

POMEGRANATE (Punica granatum)



Pomegranates are endemic to the hilly region covering northern Iraq and northwest Iran and are steeped in history and romance. Pomegranates have been farmed in the Middle East since around 3000 B.C., according to Sumerian cuneiform texts. Desert caravans have transported the thick-walled fruits for ages as a source of healthy, thirst-quenching juice. The pomegranate was a symbol of prosperity and harmony in Egyptian art and mythology. In early Christian, Jewish, and Islamic aesthetic traditions, the fruit signified blood, death, and rebirth. According to Greek mythology, Persephone, the daughter of the goddess Demeter, eats pomegranate seeds in the underworld and is thus permanently confined to that location for a portion of each year. *Punica granatum*, or “seeds from Carthage,” was the Romans’ name for the fruit, probably because Carthage, a Phoenician city in North Africa, was a source of quality pomegranates in the ancient world.

Therapeutic Uses

Prostate health

Heart health

Antioxidant

For at least four millennia, the delectable pomegranate has been prized as food and medicine. Pomegranate juice has nearly three times the antioxidant activity of red wine and green tea compared to other typical fruit juices. According to animal research, Pomegranate juice and pomegranate flower extract provide substantial protection against the advancement of atherosclerosis. Human studies show that pomegranate has a minor effect on blood pressure and inflammation—reasons to include it on a list of heart-healthy foods. Prostate health is one of the most intriguing areas of pomegranate study. The fruit juice, peel, and oil have all been found to inhibit the spread of prostate cancer tumors in laboratory and animal experiments. A two-year study looked at the effect of 8 ounces of pomegranate juice on prostate-specific antigen (PSA) levels in 46 men who had undergone prostate cancer surgery or radiation therapy. After cancer therapy, PSA levels are used as a marker to see if cancer has reappeared. Treatments are considered adequate if they lower PSA levels in prostate cancer patients and extend the time it takes for PSA levels to double (indicating that cancer progression is slowing). Sixteen of the 46 patients (35%) saw a decrease in their PSA levels during treatment, while four of the 46 patients (2%) saw a PSA decrease of more than 50%. Overall, most of the men who drank the juice saw a significant delay in PSA doubling time. Those who continued to drink pomegranate juice after the 2-year research had lower PSA levels than those who stopped. The average PSA doubling time increased from 15 to 54 months at the end of the study, with no side effects noted. Prostate cancer is the second most common cause of cancer-related death in men in the United States. Currently, seven government-funded research are looking into the significance of pomegranates in the treatment of prostate cancer.

How to Use

Juice: Drink 8 ounces of juice every day (the typical amount used in research studies).

Capsules: 2 to 3 g powdered pomegranate capsules per day, on average.

Precautions

Drinking pomegranate juice or using pomegranate juice extracts poses no recognized health risks.

PSYLLIUM (*Plantago ovata*, *P. afra*)



Psyllium, also known as ispaghula or isphagula, is an annual with narrow, strap-like leaves that grow knee-high and are native to India, Pakistan, Iran, and portions of the Mediterranean. Its delicate white flowers open to reveal tiny,

glossy seeds with subtle reddish color. Psyllium is a proliatic plant that can produce up to 15,000 seeds per plant. In India, *P. ovata* is isabgol, derived from the Persian words isap and ghol, which means “horse ear.” Psyllium seeds have a unique form, which is adequately described by their name. Psyllium is derived from the Greek word ea, which also refers to tiny seeds. The husk of psyllium seed contains many soluble ber, making it slippery and mucilaginous when wet. The completely indigestible husks are utilized as a dietary fiber to treat constipation and keep the digestive tract healthy.

Therapeutic Uses

Fiber

Bulk laxative

Heart health

The husks of Psyllium seeds are a great source of soluble ber. Psyllium yields 71 g of soluble ber per 100 g. Only 5 g of soluble ber is found in an exact amount of oat bran! Psyllium expands up to ten times its original volume when combined with water, which is why it has long been used as the primary ingredient in bulk laxatives like Metamucil and Serutan. Psyllium can shorten the time for food to pass through the digestive tract when consumed over weeks. Psyllium is also effective for treating diarrhea, which is especially important for those with irritable bowel syndrome who have periods of constipation followed by periods of diarrhea. Soluble ber has been linked to lower total and low-density lipoprotein (LDL), bad cholesterol, weight control, blood pressure reduction, and improved insulin resistance to reduce diabetes risk. The Food and Drug Administration in the United States has formally recognized psyllium's significance in decreasing blood cholesterol levels by allowing firms to make health claims about goods containing its ber. Several psyllium-containing cereal bowls, such as Kellogg's Heartwise and All-Bran Bran Buds, have recently hit the market, claiming cholesterol-lowering and heart-health-promoting effects. The National Cholesterol Education Program advises 5 to 10 g of soluble fiber per day because of solid evidence that high-ber diets reduce many risks connected with heart disease.

How to Use

Adults: Take 2 to 3 teaspoons daily, divided into two doses before breakfast and before supper. Combine each dose, swirl well, drink, and repeat with another water glass in a tall glass of water. Children (under 18 years): 1 teaspoon to 2 tablespoons, depending on the child's age and size.

Precautions

Because psyllium can impair the absorption of certain medications, pharmaceuticals should be taken 1 hour before or a few hours after psyllium. People eating psyllium ber have had gastrointestinal obstruction, especially if they had previously undergone bowel surgery or took psyllium with insufficient amounts of fluids. Psyllium should not be taken by anyone who has trouble swallowing.



Rosemary is an evergreen member of the mint family that is native to the sunny Mediterranean coasts. *Rosmarinus*, the genus name, is Latin for “dew of the sea,” referring to the plant’s coastal environment and delicate, pale blue, droplet-size flowers. Rosemary’s piney scent and bittersweet flavor complement both sweet and savory dishes, and it has long been a favorite in herb and kitchen gardens. The herb has also been used as a scent in soaps, lotions, and cosmetics for a long time. Rosemary has long been connected with love, loyalty, and remembering and is frequently used in rites and ceremonies related to marriage and death. The herb’s sprigs were woven into bridal wreaths and put into bridal bouquets. It is still common in several European countries for mourners to carry rosemary in funeral processions and to cast the herb into the grave during the burial.

Therapeutic Uses

Topical antioxidant

Antibacterial

Muscle and joint pain

Bronchitis

Circulation

Memory/cognition

The rosemary leaf yields extract, a frequent ingredient in hair and skin care products, making it one of those herbs that the nose recognizes. They can help with dandruff and oily hair, as well as overall hair health. However, their most compelling application is as an antibacterial and antioxidant. According to a preliminary study, rosemary extracts can kill bacteria, reduce skin inflammation associated with various skin disorders, and even inhibit cancer in laboratory animals. They may also protect skin cells from the damaging effects of sunshine. When applied topically, rosemary is a potent antioxidant. Its topical usage in antiaging skincare products is one possible application. The essential oil is made by distilling rosemary leaves to produce a fragrant, concentrated oil that contains the chemicals responsible for rosemary’s therapeutic effects. Rosemary essential oil has antibacterial properties. In a test tube investigation, rosemary essential oil and the antibiotic ciprofloxacin exhibited a synergistic effect against a bacterium that can cause pneumonia. Rosemary oil has been used to treat various ailments, including muscle and joint discomfort, indigestion, bronchitis, and sinusitis, and promote circulation. There is also some evidence that rosemary aromatherapy can help with memory and mental function. Changes in brain tests showed enhanced alertness, reduced anxiety, and improved math skills in 40 persons who received rosemary aromatherapy for 3 minutes.

How to Use

Essential Oil: Essential oils are used in aromatherapy to help people concentrate. Mix 10 drops of the oil in 1 ounce of carrier oil to apply topically (olive, jojoba, almond, apricot).

Cream/ointment/salve: Topical treatments containing various rosemary essential oil are used for skin diseases such as mild bacterial or fungal infections. As directed by the manufacturer, apply to the skin, joints, or muscles daily.

One cup hot water + 1 to 2 tablespoons dried rosemary leaves = tea.

Cover and set aside for 10 minutes. Strain. Drink one to three cups every day.

Capsules: 500 to 1,000 mg, once or twice a day; see product label for details.

Precautions

When exposed to the sun, rosemary extracts containing concentrated essential oils can induce a rash. If this happens, stop using it. It's OK to use rosemary as a seasoning during pregnancy, but therapeutic amounts aren't advised.

SAGE (Salvia officinalis)



Sage is a scented, shrubby perennial native to the northern Mediterranean coast used to season poultry and a variety of savory foods. *Salvia* derives its name from the Latin *salvere*, which means “to be saved” or “healed.” The ancient Greeks and Romans revered sage, believing it bestowed wisdom and mental clarity. Because sage interacts with iron salts, the Romans collected the herb in a solemn ceremony that included using a knife not made of iron. Sage has also been associated with good health and long life for many generations. “[T]is a Plant endu'd with such many and wondrous Properties, that the assiduous usage of it is claimed to render Men Immortal,” wrote herbalist John Evelyn

in the eighteenth century.

Therapeutic Uses

Sore throat

Colds and coughs

Memory

Menopause

Excessive sweating

Sage is thought to improve memory and clear the mind. The herb and the reason may be linked. *Salvia ocinalis* essential oil has been proven to suppress acetylcholinesterase, an enzyme targeted by Alzheimer's medicines. According to animal research and human trials, Sage appears to boost mood and cognition in healthy persons and those with Alzheimer's disease. Sage tea has long been used as a sore throat medicine (typically in a gargle) and cough and cold therapy. Sage has been proven to be particularly effective in the treatment of sore throats by scientists. A 15 percent sage spray given over three days was found to be superior to a placebo spray for alleviation of symptoms in a clinical trial of 286 patients with an acute sore throat. In fact, within 2 hours of the first treatment, symptom relief had occurred. Similar outcomes were reported when an echinacea/sage spray was compared to a chlorhexidine/lidocaine spray in 154 patients with an acute sore throat. Germany's health authorities have approved sage as a therapy for excessive perspiration based on traditional use and human studies. Sage may also have modest estrogenic effects, which could explain why it's been used to treat menopausal night sweats. In 8-week research, 1 gram of fresh sage was more effective than placebo at reducing night sweats. Sage is frequently used with other herbs to alleviate hot flashes and night sweats and boost memory and mood. Sage has long been used to help digestion, stimulate digestive enzymes, and relieve intestinal cramping, which explains why it's often used with beans or other gas-producing meals. Sage has antibacterial properties, which could explain why it treats gastroenteritis and other G.I. tract diseases.

How to Use

Tea: For 10 minutes, steep one teaspoon chopped sage in 1 cup water. Strain. For a sore throat, drink it or gargle it.

Take two capsules of 500 mg sage leaf twice a day.

Tincture: Take 2 mL twice a day or as directed by the manufacturer. A 5 ml tincture can be mixed with 1 cup water and gargled three times each day.

Precautions

Although small amounts of sage as a culinary herb are harmless, higher doses should be avoided due to the presence of thujones (chemical compounds with specific effects on the brain) in the essential oil. Do not take more than the suggested dose. Alcohol extracts of sage contain more thujone than water extracts and should not be used for more than 1 to 2 weeks internally; a tincture diluted in water and used as a rinse or gargle is safe. Use sage externally only if you're pregnant.



Saw palmetto is a low-growing palm with unique fan-shaped leaves that is native to the southeastern United States. Hundreds of miles of coastal land in Florida, Georgia, and other portions were initially covered in vast, uninterrupted saw palmetto swaths. The dense plant growth and the sawlike edges of the leaf stalks rendered the tracts nearly impassable. The dark purple fruits of the saw palmetto, which are about the size and shape of olives, were a necessary element of Native American diets for at least 12,000 years before Europeans arrived in this part of North America. When the first settlers came, they began eating saw palmetto and feeding the fruits to their livestock. They also noticed aboriginal tribes employing saw palmetto as a treatment for urinary tract problems. The plant had made its way into traditional medicine in the United States by the late 1800s. Saw palmetto's popularity dropped for a while, but it's been the herb of choice among herbalists for prostate disorders since the 1990s.

Therapeutic Uses

Benign prostatic hyperplasia (BPH)

The blue-black, single-seeded berries of the saw palmetto are used to manufacture the best herbal treatment for prostate problems. The berries' extracts inhibit 5-alpha-reductase, an enzyme that prevents the synthesis of a robust and prostate-growth-promoting version of testosterone. Saw palmetto may also affect estrogen, progesterone, testosterone, and their receptors, which are alternative ways to limit prostate growth. These effects work together to alleviate BPH symptoms by increasing urine flow rates, reducing urination pain, and reducing midnight urination. Saw palmetto, taken as a standardized extract of 320 mg daily, improves BPH symptoms as effectively as the medication nasteride in most clinical investigations; however, nasteride reduces prostate size more effectively. Unlike nasteride, which lowers testosterone levels in the blood, saw palmetto does not appear to affect testosterone, other sex hormones, or prostate-specific antigen blood test findings (PSA, a marker for prostate cancer and BPH). Saw palmetto has been the subject of a lot of research, and the findings have been subjected to rigorous analysis in which researchers collated data from a variety of studies. The results were mixed due to flaws in research models, a wide range of extract types employed, and the number of supplements taken.

How to Use

Extract Dosage: Studies have employed a specific extract standardized at 80 to 90% fatty acids and sterols—the chemicals that are most effective for BPH symptoms—and is dosed at 160 mg twice daily.

Three times a day, 1 to 2 ml tincture

Follow the manufacturer's instructions for capsules.

Precautions

Saw palmetto can induce moderate stomach discomfort, constipation, diarrhea, headaches, high blood pressure, and

itching, among other things. Saw palmetto can cause impotence or diminished sex drive in certain people. Saw palmetto is not recommended for hormone therapy or pregnant women due to its probable hormonal effects. Women, on the other hand, are unlikely to use this herb.

HEAL NATURALLY WITH THE APOTHECARY TABLE

INTRODUCTION

The plants, trees, and flowers themselves are the stars of this book. They're adorable, lovely, mysterious, essential, and primitive. The delight and uses of their seeds, roots, bark, colour, and form are astounding, and they are genuinely miraculous when viewed in context with the rest of nature's complicated network. This book is about more than just plants; it's also about a blend of natural healing methods, a healthy lifestyle, and the use of herbs as effective natural healing instruments. It would be dangerously simple to consider plants as a straight substitute for conventional pharmaceuticals if this were simply a book on herbal therapy. However, while it is sometimes feasible to swap one for the other softly and cautiously, it is generally preferable to use herbs as an integral part of one's life, mixing them with a variety of other lifestyle choices and therefore preventing and balancing problems or diseases. Plant healing is firmly rooted in our ancestors' cultures, yet the power to cure our bodies is gradually being taken away from us and placed in the hands of doctors and mainstream medicine. It's hardly surprising that night calls to doctors have doubled in the last five years, drug consumption has increased, and home nursing abilities have deteriorated. Many individuals regard illness as a "supermarket problem," demanding immediate solutions with the scream, "Give me a pill and make it go away, now!"

On the other hand, others have a desperate desire to learn more about natural home-healing techniques paired with herbs. As a result, this book was developed to bring herbalism and natural healing back into the house as securely and successfully as possible. If there is any uncertainty about the aetiology of a patient's ailment, all practitioners agree that a doctor's diagnosis should be sought. You and possibly your local herbalist can work on your body naturally until you restore complete health based on this diagnosis. The concept and ethos of herbalism and natural healing are also explained in this book. Maybe you're not sick, but you want to learn how to take care of yourself. The ethos of natural healing includes learning how to prevent illness by understanding your body and having some practical insight into caring for it. You will be able to restore part of the responsibility for your health to where it belongs by learning this knowledge. The necessity to do so becomes even more pressing when one realizes that surgeries conducted due to diagnostic errors account for half of the forty-six thousand patient fatalities in Britain each year due to iatrogenic (doctor-caused) illnesses. Many natural healing procedures in this book call for the body to be cleansed by eating certain foods. This is known as detoxification, and it is an essential part of the natural healing process. Its primary significance stems from the human body's ability to repair itself using its genetic code. Until recently, it was thought that the individual cells of the liver required two years to regenerate and so build a new liver; now, it is believed to take only a few months. This idea gives a lot of people a lot of optimism. Of course, the health of each new blood cell, and thus each new organ, is determined by what it is made of — that is, we cannot expect to develop healthy organs if we feed our bodies nutritionally deficient or toxic foods. However, with the proper instructions and input, we can repair our bodies.

Dr. John Christopher, Dr. Richard Schulze, and Dr. Deepak Chopra, three groundbreaking healers of the twentieth and twenty-first century, have proven this and continue to teach this uplifting notion for many years. Water can be used to heat or cool the body to increase circulation, support and nourish, designate, cleanse, and provoke, among other methods that will be taught. As you read the disease chapter, you'll notice how aggressive some of the regimens must be to get results. You may be tempted to merely follow part of a program and skip some of the more strenuous activities, but if you are ill, you must complete the treatment plan exactly as it is written. If your disease isn't chronic, or if the treatment is merely preventative, you can employ tailored to your needs, such as bowel or liver cleanse. It's no surprise that understanding the immune and hormone systems, which are now being tested and punished in various ways, is one of the essential health pursuits of the twenty-first century. As a result, we must ask more questions, and herbs can help us find some of the answers.

CHAPTER ONE

WHY HERBALISM

Following World War II, medical science advanced dramatically in the United States and Europe with the development of a wide range of medications, including beta-blockers, anaesthetics, antidepressants, steroids, and antibiotics, to mention a few. When used in highly selected conditions, anaesthetics, some painkillers, and antibiotics are nevertheless incredibly useful. Medical technology has advanced dramatically, and while some breakthroughs are now widely recognized as beneficial and noninvasive, much new technology appears to have been developed solely to make a lot of money for the manufacturers. At the same time, some are blatantly destructive, invasive, and life-threatening. In his book, *Confessions of a Medical Heretic*, Robert Mendelsohn, MD, says, “I believe that modern medical treatments for the disease are seldom effective and that they are often more dangerous than the diseases they are designed to treat. I believe the dangers are compounded by the widespread use of dangerous procedures for non-diseases. I believe that more than 90 percent of modern medicine could disappear from the face of the earth — doctors, hospitals, drugs, equipment — and the effect on our health would be immediate and beneficial. I believe that modern medicine has gone too far by using, in everyday situations, extreme treatments designed for critical conditions.”

We need to become more selective when it comes to medical therapy and ask for what we want rather than accepting whatever medical development is imposed upon us at the time. Above all, we must avoid becoming one of the 100,000 Americans killed each year by the traditional medical system. Some natural healing treatments may appear to be extreme, time-consuming, outdated, and vulgar at first. You may not have met anyone who has used them and is unsure if they are effective. Only a few of us, the recipients and facilitators of these approaches, are aware that they work and have preserved the information. People need to be empowered with the knowledge and ability to heal themselves today more than ever. According to the World Health Organization, cancer rates are anticipated to double in most nations during the next twenty-five years. This is because our population is growing and living longer — but in a sicker state. With this in mind, every household must better understand healthy daily living and self-help strategies and recognize that minor issues do not grow into significant problems if addressed early enough. Our children are becoming sicker and weaker, with more permanent allergies than ever before, due to the overuse of antibiotics, immunizations, lousy diet, and pollution. We must address this prevalent issue. We are sometimes frightened of herbs, believing that they are just for professionals; however, herbs provide us with our natural healing laboratory right in our kitchens. Herbs are powerful, and their effects are usually felt right away. Herbalists used to use just plants from their territory, but the unique environment has diminished everywhere. Plants from luxuriant rain forests, expansive mountains, and spartan deserts are now as readily available as those from the local garden centre as a means of sharing these resources and enriching our knowledge. Even though we now have access to a vast array of medicinal plants, we already have all we need right at home, with common weeds capable of combating a wide range of viruses, germs, parasites, and more.

Herbalism's Origins

According to archaeological evidence, humans harvested and consumed around one hundred to two hundred different plant species per year during their hunter-gatherer era. The varied chemical components in these plants would have effectively safeguarded the immune system and encouraged digestion in a way that our current diet does not. Not only did humans thrive on this diet, but so did the animals that were consumed as a result. Unfortunately, the same cannot be true of today's “animal foods.” The typical dietary range of plants for modern individuals is between twenty and forty species. Carrots, cabbages, potatoes, parsnips, onions, apples, bananas, strawberries, peaches, lettuce, tomatoes, peas, broccoli, beans, wheat, blackberries, zucchini and other squashes, sunflower seed or olive oil, lemons, garlic, chiles, and rice are among them. On average, supermarkets stock thirty to thirty-five species. Unfortunately, many of these plants have also been genetically modified. Their chemical composition today differs significantly from that of wild plants, which is a significant health concern. A herbalist's *materia medica* is often in the range of one hundred to two hundred plants, with some being used regularly, some less frequently, and others being used very infrequently — very similar to the historical range of food species.

Herbs bring the diversity of plants back into our lives, with their complicated chemistries combining to generate patterns as unique and necessary as those found in every human being. Like many other peoples, the Chinese devote

a great deal of time to contemplating the relationship between our bodies and our entire existence, acknowledging that we are, after all, a part of the sun, stars, moon, earth, and nature. Their diagnostic work also considers the impact of geography on our impressionable bodies, such as heat, cold, dampness, high or low altitude, and how these affect our own bodies' temperatures, which are primarily made up of water and minerals. These systems, which exhibit a great degree of similarity in technique and wisdom, have been employed by Native Americans, Russians, and peoples from many other cultures. Tibetans have a similar but distinct understanding of the disease, which stems from their daily lives on the harsh, desolate mountainsides. In the scattered settlements, the Tibetan monks were frequently the primary healers. They were exceptionally skilled at reading the eye, its colour, markings, and depths, with each area of the eye revealing information about specific body parts, genetic tendencies, emotional predispositions, and so on. Iridology, a modern-day variant of this therapy, is still a fantastic tool for examining constitutional and genetic characteristics. Ayurvedic treatment in India pays close attention to the colour of the saliva on the tongue and body form, voice timbre, and vital energy levels. In truth, all traditional cultures have their methods for tracing the origins of sickness, but these methods overlap and take different paths to the same end. What they have in common is a keen eye for detail, which they demonstrate by watching, feeling, seeing, remembering, and experiencing the small and the big and the total. These methods of diagnosis and assessment are simply an extension of everyday life.

The Signs of Good Health and Illness

If your body can get you through life without too many breakdowns, that is a huge blessing. The loss of many primitive and gut instincts is accompanied by a loss of awareness of the body's warning indications. When things go wrong, it's easy to curse your body, treating it as if it were a different creature from yourself that has failed to serve you. Most people don't realize that this reaction results from an ever-increasing separation from the body. The physical collapse is the culmination of a long succession of unheeded warnings from the body. These conversations can be as simple as a realization that you haven't felt quite right in a long time, that you've been unusually gruff with loved ones, or that you can't cope any longer. They can also manifest physically, such as a headache or indigestion – symptoms frequently treated with a pill rather than addressing the cause and questioning the reason for them. Ill health can sometimes become a way of life, as it does for so many youngsters nowadays. Allergies, stomach problems, and antibiotic usage are all too frequent. Listening to your body, analyzing, and questioning how and why you react the way you do can reveal a lot about yourself. When it comes to bodily ailments, a procedure of observing exterior indicators and tracing them back to the interior is frequently required. At first, there may be nothing more than a mix of clues and fragments of information, both big and little. Every sensory faculty must be put to use to feel more and acquire data. Approach the problem as if it were a fantastic detective fiction; there will invariably be numerous false leads that must be diligently followed using all available knowledge. Overcomplexity and tunnel vision are just as dangerous as jumping to conclusions too early. Your primary focus should be on simplicity and common sense. A practitioner can frequently help you make sense of everything and map out a path back to health.

In many cases of illness, the condition advances for years before causing severe symptoms. The more advanced a sickness becomes, the more difficult it becomes to identify the origins or pinpoint the exact moment or moments when the original discord created the illness. As a result, noticing and being aware of yourself is a habit that can be started at any age and is a lesson that can never be learned too early or too late. It's a pretty natural process in many ways. Some people may take solace in the fact that they are doomed to be sick.

What is certain is that what matters is the following line of action.

Nutritional Basics: That Can Be Achieved at Home: Consume nutritious meals while avoiding pesticides, hormones, and other additions or pollutants. Instead, focus on organic meals high in vitamins, minerals, and other beneficial elements, if available. It's good to give your body a checkup now and then with food cleanses. Today, digestive issues are common, and they are at the root of a lot of illnesses. The culprit is frequently a lack of digestive juices.

Use medicinal plants to tone, support, and stimulate your body.

Plant oils, tinctures, infusions, poultices, syrups, compresses, fomentations, and decoctions are all useful in herbal medicine.

Hydrotherapy is a type of healing that can be done in the bathroom. Water can circulate blood and massage interior organs and systems, giving them more oxygen and nourishment to avoid or relieve congestion and stagnation.

Maintain movement through flexing, circulating, pumping, breathing, exhaling, and cleansing the body. Yoga and breathing techniques are very beneficial for all of these conditions and people who have limited mobility.

Massage, yoga, reflexology, tai chi, and other movement treatments assist the body to stay healthy or heal, depending on the situation.

“While the plant is growing, an enormous amount of electrical or vital energy is absorbed into the different parts of the plant. It is first generated by the sun, diffused through the atmosphere, the water, and the earth; the plants select what they need to build acids, alkalines, phosphates, carbonates, chlorides, glycerides, oils, fats, waxes, and so forth. Every conceivable requirement for every living creature, even to the breath of life in this profoundly wonderful vegetable kingdom that covers the earth with beauty, perfume, and flavour. Plants arrange themselves into families, choose their habitation and select their food. Through the long study of the chemistry of soil and plants, we can predict what we shall find stored away in the leaves, roots, barks, and fruits of particular plants to supply our bodies with the specific material and specific energy we require.” — Dr. Edward E. Shook, *Advanced Treatise on Herbology*.

There are a variety of ways to connect with nature. Anyone who has spent time communing with it will comprehend and experience its unseen gifts and promise just as much as the more evident ones. The rocks, the dirt, the various shades of green foliage, and the rainbow of blossoms and fruits speak for themselves. When you look inside a flower, its colour and form can heal you, but its vibration and soul are something else entirely. As history has often demonstrated, nature may respond like a loyal friend or lover. The Findhorn Project in northern Scotland continues to provide a wonderful experience and revelation of the power of love and tuning into nature, demonstrating that plants are intelligent, responsive, and emotional, lacking only the ability to move in an otherwise complete spectrum of humanlike abilities. Impressive plants, fruits, and vegetables have been grown at Findhorn on stony soil in windy conditions, demonstrating that truly relating to nature can yield some surprise outcomes, such as double-sized fruits and veggies with no pests. This harmonic reconnection with nature has the potential to deliver even more remarkable results for global food production. Indeed, as time passes, we will all need to rethink our approaches. Perhaps we could reminisce about simpler times when our relationship with growing things was based on gratitude and celebration. Trees were “dressed” with ribbons or little toys put on in the winter all over the world in the past to thank the tree for the glory of its greenness and the joy of its blossom in the spring and summer. There were hundreds of ancient rites for honouring the natural world. Another was healthy dressing, which was done to express gratitude to the springwater for supplying the source of life. I was fortunate enough to grow up with access to nature, which has influenced my life ever since. My mother prepared her wine, and I collected the wild yellow broom flowers, nettle tops, blackberries, elder blossoms elderberries, dandelion flowers, and birch sap that she needed. Spending many hours with these vibrant plants has resulted in a massive part of me. Mountains, rivers, streams, woods, and valleys; sun, rain, thunder, wind, cold, and heat; sun, rain I’ve rested in powder-dry cultivated fields, the occasional ditch, or under a sheltering tree when I’ve been too sleepy to set up a tent. Moonlight, darkness, firelight, and stars have all become comfortable and welcoming. It’s there for all of us to be moved by.

Nature’s Delightful Aroma

Plants on a damp early spring morning; freshly mown grass; the first flowers of summer; the scorching, dry, dehydrated herbs on a burned mountain — these are only a few of nature’s many lovely aromas. One of the most evocative memory joggers is the smell. It not only brings you back to the current moment, allowing you to extend and relish everything that is there, but it also has a lovely way of bringing back memories to sweeten the present. When we recall someone, we frequently recall their aroma. We detect their distinct pheromones (from the Greek *pherein*, which means “to carry,” and *hormone*, which means “to excite”). Pleasant odours help us feel good, while unpleasant odours might irritate or depress us. So, whether you prefer the scent of tar, bergamot essential oil, or the most recent chemical perfume, the sensation will alter your body chemistry. It accomplishes this by activating a part of the brain that regulates emotional well-being and is triggered by the nerves of the olfactory organ — the nose. Essential oils are derived from the bark, berries, seeds, leaves, and flowers of plants and trees. They all function to balance our sympathetic and parasympathetic nerve systems, calming and bringing harmony, balance, clarity, and awareness to our bodies. This is why incense made from myrrh and frankincense from Africa and Western Asia, sage from the Western Hemisphere, and lavender from south Europe was burned in so many temples worldwide.

Nature's Well-being

Pollution has already killed half of the trees in the United Kingdom. Outward evidence of complex interior problems includes scant foliage, broken tops, barren branches, and trees, to which fall seems to arrive early. According to a survey conducted in 1991, 56.7 percent of British trees have lost over a quarter of their foliage. Even extremely polluted Poland and the Czech Republic have trees that are relatively healthier than the United Kingdom. The problem appears to be a combination of pollution and dryness, with the resulting infestations of insects and fungi causing the trees' natural defensive mechanisms to deteriorate. This issue matches the alarming global surge in immune-system disorders and allergy difficulties that humans are experiencing. Many acres of open land is being lost to development as a result of money and population growth. Historically, the crown and the church illegally sold a specific property in the United Kingdom; more recently, farmers and other landowners have ploughed over walkways. Intensive farming, industry, and houses have taken over the land. However, many Britons are increasingly committed to reopening trails and protecting what little countryside we still have; several churchyards and cemeteries have become nature havens. We will be inspired to conserve and create more if we spend time in nature. It's also worth remembering that trees and plants are sophisticated enough to adapt to changes in the environment, producing new reactions to survive and shield themselves from or transform pollution. Trees are incredibly significant as huge oxygenators. As a result, replanting is necessary to maintain the health of the earth's atmosphere and everyone who relies on it. Something that has become increasingly apparent to me is that calcium-depleted soils produce sickly, weak, disease-prone trees, whereas calcium-rich soils generate the polar opposite. Trees thrive on soils rich in minerals and nutrients, with deciduous trees requiring more resources than coniferous trees. Another ice age, in which the rocks and dirt are shifted and broken to restore nutrients in the soil, may be required. Unfortunately, glaciers can take up to 900 years to remineralize the land and then another few centuries to thaw the ground sufficiently to allow plants to sprout again! However, the loss of nutrient-rich, undisturbed soils is undoubtedly a significant influence in tree health decline. Calcium is one of the essential minerals for human bodies, another commonality we have with plants. Trees and humans, like everything else, are part of the same natural plan.

Aid to Plants

Even though humankind's pollution is killing some trees and plants, this dedicated flora continues to step in to deal with the mess we've created! Humans evolved solely due to the presence of the plant kingdom in evolutionary terms. Britain has lost 97 percent of its wildflower meadows, 75 percent of its open heath, 96 percent of its lowland peat bogs, and 190,000 miles of hedgerow in the last 50 years, enough to circle the globe seven times. According to studies, plants appear to be the most straightforward and most effective approach to battle the impacts of airborne pollution; for example, trees with extensive sections of leaves with somewhat rough or hairy surfaces are effective pollution traps. Hawthorn is a good "trapper," using its canopy as a net thanks to its open and branching form. Dust that collects towards the edge of a denser canopy, such as that offered by lime or poplar, is more likely to be blown away. Trees grown in groups, with their more remarkable ability to slow down passing air, can also trap, as can rough-fi assured bark. They're essentially working as air filters. There is also evidence that trees "lock-up" contaminants like sulphur and nitrogen dioxide from automobile exhaust in their tissues. On a sunny day, a single mature beech tree may store roughly four and a half pounds of carbon dioxide in just one hour. Many playgrounds are unprotected by trees, which is a topic close to my heart. Toddlers, infants, and students spend time playing in open sun traps, typically during the hottest parts of the day. A few trees would provide much-needed shade, shielding them from damaging ultraviolet rays. A six-foot seedling costs relatively little; ten fast-growing trees may make a tremendous difference in a playground very soon. Plants and trees also muffle noise. Individual leaves absorb and reflect sound waves, while branches and foliage spread them, dulling and softening disturbances.

CHAPTER TWO

CELEBRATING NATURE'S ALCHEMY AND FRAGRANCE

Allowing and sustaining nature to the greatest extent possible Permaculture, often known as forest gardening, is a natural approach used by indigenous peoples in North America, the rain forests, and other areas. These ancient tribes simply created or discovered small clearings and used the forest canopy, dew, sun, earth, light, and other natural resources to cultivate fruits, vegetables, and other raw commodities for their grandchildren and great-grandchildren, as well as for themselves. Forest gardening as a method works in harmony with nature, allowing her to accomplish as much labour as possible. Maximum observation with little interference is one of its most fundamental ideas. Permaculture considers the wind, sun, slope, climate, microclimates, and water flow while employing the least amount of machinery feasible to alter or damage as little of the natural tapestry as possible. There is a growing interest in letting nature alone and learning from her rather than attempting to master it. The Permaculture Association in Devonshire, a vegan community in Cornwall with similar interests, and organic farming schemes in the United Kingdom run in conjunction with the highly successful "box system," in which organic fruits and vegetables are delivered to customers' doorsteps weekly, are examples of such endeavours. Another encouraging venture is the well-known Alternative Technology Centre in Wales. Plantlife is a vital organization for herbalists in the United Kingdom since it addresses concerns with native herbs. Plantlife is the United Kingdom's only national plant conservation group dedicated to preserving and protecting Britain's wildflowers in their natural settings. It takes a leading role to understand and alter the causes of wild plant extinction and the symptoms of devastation. It truly protects endangered plant species (including fungi), with 232 on the British government's "danger list." Some of the most well-known botanists in the country are involved. Plantlife today owns approximately nineteen nature reserves with a total area of nearly 500 acres. Herbs are collected under strict monitoring and care in Spain and other European countries with natural reserves. This harvest serves a dual purpose: it generates revenue for the reserve while also providing herbalists and the general public with much-needed organic and wild-crafted herbs. This model could be replicated elsewhere in the future. Horticultural techniques, in general, are attempting to contribute to our "Green push" by employing sustainable wood products for plant potting and packaging. Instead of peat (from vanishing peat bogs), moss (from disappearing marshy regions), or plastics (which pollute the environment), wood wool, root cloths, coconut fibre, and other materials are being used. Certain materials that are sustainable, abundant, or recyclable constitute a significant factor in their selection.

Pesticides or No Pesticides

The usage of chemical sprays is a problem that arises from so-called monoculture (growing a single crop in the same soil year after year). Slugs, whiteflies, and other pests have never been a problem because of my general gardening methods. If I get the occasional aphid, I successfully spray solid herbal teas or a minute dilution of lavender and other essential oils in water. In doing so, I employ a repellent that the insects find repulsive. Companion planting, for example, uses plant chemistry to keep pests away. For example, wormwood produces a toxic chemical that keeps invasive species like nettles away from desirable plants; this method of exploiting natural interactions between plants has been used in forest gardening for many years. The use of essential oils and poisonous plant chemistry is now being investigated and acknowledged, while farmers and gardeners are rediscovering the far more desired strategy of maintaining a balance. A few farmers are already planting wildflower strips around sweet corn fields or, in some circumstances, between sweet corn and other vegetable bunches. Perhaps more trees will appear in the future, but for the time being, the presence of a few more wildflowers and grasses has been found to aid in the maintenance of the balance between crops and their plant and insect predators and parasites. Even ICI, the world's largest supplier of chemical insecticides and fertilizers, has recommended that all gardens have a modest number of wild plant species growing alongside cultivated aesthetic plants, claiming that these plants help friendly insects. Lacewings and hoverflies, for example, both lay their eggs on weeds and eat aphids. That is a significant quantum leap for a company like ICI, but we need more jumps in many more positive directions from them. Certain compounds in prickly ash (*Zanthoxylum* species) act on houseflies, mosquito larvae, ticks, and various leaf-eating insects, as well as being an ovicide for body lice and toxic to yellow mealworms, according to Dr. Francis Brinker of the Eclectic Institute in Arizona. Natural pesticides are the subject of a considerable deal of investigation. Where eucalyptus grows, for example, there isn't a single mosquito to be found!

Agricultural pesticides are an issue in developed countries, but they have had far more devastating implications in

poorer ones. In 1994, a ten-million-strong peasant uprising in India attempted to undo some of the worst features of the GATT international trade agreements. Farmers in India and other emerging countries want it known that their lives are on the line. These farmers are required to purchase hybrid seeds from a specific company. Because plants developed from these hybrid seeds do not set seeds, no seed may be harvested for the following year's sowing. As a result, farmers must spend a lot of money on new sources from Western corporations.

Furthermore, the growth of these genetically modified seeds is reliant on chemicals. These farmers' livelihoods are in jeopardy, and a legacy of devastation has emerged, with fields, farmers, and their families driven to collapse. This arrangement may be obscenely clever for dominant agriculture, but it threatens the survival of small farmers, their families, and entire populations. Only a few highly wealthy farmers will be able to survive. Many people will continue hunger, losing their land, houses, way of life, and all they own or care about. Their collected seeds are the finest for mixed, sustainable agriculture since they result from generations of improvement and adaptation to local conditions. Imported "wonder" hybrid variants have previously been reported to produce poorer yields and require excessive water, both of which are simply unavailable.

Make a Herbal Profile to Get Closer to Nature

Making your herbal profession might provide spending time in nature, where you can rediscover and hone gut instincts, a new purpose. A herbal career entails a thorough examination of a small number of plants that are common in your immediate vicinity. The process of developing a herbal discipline will teach you to see that the trees and "weeds" that grow all around you may both feed and heal you. You'll quickly understand that the entire body can be regulated and maintained by utilizing what is commonly increasing. (If you want to develop your own herbal professional, see Appendix 3 for more information.) In the following pages, I present brief descriptions of sixteen widely available plants in the United Kingdom; most of them are common in the United States or closely related to species grown there. It's important to note that some of the plants listed here have contraindications.

Burdock (Arctium lappa)

Root and seed are the parts that are employed.

Burdock is a root vegetable popular in Japan. It's high in nutrients and will keep the pancreas and spleen healthy while also regulating blood sugar levels. It's a powerful immune-boosting herb with a lot of tumour-inhibiting chemicals. A top blood cleanser will remove poisons from the skin, bloodstream, lymph, and intestines. It works best when combined with dandelion to ensure that toxins are removed from the body.

Dandelion (taraxacum officinale)

The following parts were used: the flower, the leaf, and the root.

This plant is beneficial to the liver, heart, and kidneys. It aids digestion by helping to enhance liver function in general. It's also an excellent kidney herb, as it helps reduce water retention without taxing the kidneys. All treated are gallbladder difficulties, oedema, high blood pressure, heart weakness, skin disorders, and other ailments.

Elder (Sambucus nigra)

Fruit, flower, leaf, and bark were employed.

Though this knowledge has long been part of traditional Native American lore, the elderberry is now acknowledged as a potent antiviral. Because of their anti-inflammatory chemistry, the berries, leaves, and flowers can treat fevers and inflammation. The entire plant cleans and clears the bloodstream and assists in the removal of mucus from the lungs. The flowers and bark can be used to treat sore eyes, minor injuries, and skin conditions like eczema, psoriasis, warts, inflammation, and irritation when applied externally.

Crataegus laevigata (also known as crataegus oxyacantha) is a kind of hawthorn.

Flower, leaf, and berry were employed.

Many heart patients often harvest the leaves, berries, and flowers and prepare tea since they are pretty safe for use on the heart. It works like a beta-blocker, inhibiting cardiac receptor cells and then unblocking them as needed. It's a brilliant plant for boosting circulation and coronary blood flow, as well as controlling heart rate and blood pressure. It has antimicrobial properties as well.

Lime Tree (tilia europaea or cordata)

A flower is employed as a component.

The lime tree or linden (not to be confused with the citrus species yielding green fruits) emits a lovely, musty, heavy, aromatic fragrance. It's a calming, relaxing, and sedating herb for the nervous system. It helps with spasms, digestion, and migraines, as well as high blood pressure. It's also used to treat circulation issues like artery hardening and urinary infections, and catarrh. It is widely grown and consumed in France, Germany, and the United Kingdom.

Mahonia (mahonia aquifolium)

Root, root bark, and occasionally the fruit is used.

This is a widespread hedgerow plant that may be found all around the United Kingdom. It is indigenous to North America, where it thrives. It was utilized by Native Americans to heal liver and skin ailments. Mahonia can suppress the overproduction of skin cells associated with psoriasis, and it has been used successfully in Germany for this reason. Whenever barberry (Berberis) is mentioned in a formula, mahonia will usually suffice. It also has a favourable effect on the intestine because it stimulates peristalsis, which aids in the discharge of toxins by boosting bile flow. If you don't want to dig up the roots, simply gather a bunch of the grape-like fruits in the fall. The golden spring blossoms highlight its usage as a liver herb.

Nettles (Urtica dioica)

Leaf and root are the parts that are used.

Nettles are high in calcium, magnesium, iron, and various vitamins, minerals, and trace elements. Nettle is a potent blood cleanser that can help with anaemia (along with any excess menstruation or bleeding). It's an old European rheumatism and arthritis cure that the Romans first introduced to Britain. It was then imported to North America by British settlers, where it has become naturalized.

Oak (Quercus robur)

Bark, leaf, gall, and acorn were employed.

The oak is a sour, astringent plant with antiviral and antibacterial properties. Only tiny amounts can be consumed internally due to the tannin's astringent solid characteristics. It is effective in treating certain forms of diarrhea, and it's also a fantastic immune-boosting therapy. However, it is mainly used as mouthwashes and a gargle for sore throats, gum disease, and mouth disorders. Many indigenous communities in California, where the white oak still thrives in abundance, relied on relatives of this tree as a source of food. The flour from the acorns was vital to these people, who would soak the acorns in water for days to remove the tannin before crushing them. The resulting paste was extraordinarily nutritious and beneficial to immunity.

Plantain (Plantago major)

Leaf and juice were used.

This common roadside plant (not to be confused with the banana) is an excellent immune stimulant that can be taken internally to treat bacterial infections or applied topically to wounds as a fresh poultice. It also possesses antihistaminic effects, effective for allergies, bug bites, and other skin conditions. It cools, aids in the reduction of inflammation, and is adequate blood and lymph cleanser.

Red clover (trifolium pratense)

Part used: flower

Red clover is an unrivaled blood cleanser used to treat degenerative disorders and malignancies of the lymphatic system and bloodstream. It can also relieve spasms and aid in releasing water retention and the induction of perspiration when necessary. Its blood-cleansing powers are evident from its red flower.

St. John's wort (hypericum perforatum)

Parts used: flower and top leaves

This yellow flower, which blooms near the summer solstice, has been used in Europe for a century to treat various internal and exterior disorders. Externally for wounds, bruises, burns, and nerve pain (including dentistry), internally for liver and gallbladder complaints, bladder and lung issues, dysentery, worms, diarrhea, hysteria, and neurological complaints – the list is extensive, and modern research is now able to corroborate its ancient usage. Because of its capacity to raise serotonin levels in the brain, sales of St. John's wort outnumber those of Prozac in Germany. (St. John's wort should not be taken with serotonin-containing medications; it can also induce light sensitivity in certain people.) Before using this plant, you should get professional counsel.)

Yarrow (achillea millefolium)

Parts used: flower and leaf

Yarrow can be seen growing wild along road and field edges. It has a pleasant aroma and a bitter taste that aids digestion and lowers blood pressure. It can stop a lot of blood loss because it's a strong astringent. It has long been used to treat fevers, colds, flu, and other viral infections in Europe and North America.

Herbs of the Highest Quality

Herbs harvested in the wild, where the plant grows naturally and away from contamination, are best for medicinal or culinary purposes. Unfortunately, due to the massive demand for herbs, they are sometimes harvested from unsuitable wild sources, such as roadside verges, and fantastic sources are overturned. A spike in organically grown herbs has resulted from a surge in demand and a belated desire for quality. Hundreds of thousands of acres of herbs are currently being produced in Europe (particularly Germany) and around the world. Dr. John Christopher was a forerunner in the field of organic chemistry. For therapeutic purposes, he insisted on organic and wild-crafted herbs. We don't want to add to the problem because so much of today's illness is caused by allergies to pollution and high levels of toxins. According to botanical herbalists, plants thriving in the wild develop more "primitive" and original chemistry to resist selective pressures, resulting in specific aggressive chemical changes. For example, the herb cascara sagrada (*Rhamnus purshiana*), which is frequently harvested in North America's temperate rain forests, has been cultivated in a region where it grows wild! This effort was unsuccessful since the grown variety's laxative effect was far less robust than the wild-harvested bark. The U.S. Fish and Wildlife Service, on the other hand, included cascara sagrada in the CITES (Convention on International Trade in Endangered Species) Appendix II category in April 2002. Species that are not threatened with extinction but may become so if international commerce is not restricted fall into this group. Herb monoculture will become more prevalent over time, potentially altering plant chemistry and changing them genetically in the long run. I don't have a unique solution to this problem because we have a high demand for herbs, limited acreage, and don't want to defoliate our natural regions. Many biological medicinal plant species in the United States are being considered for CITES Appendix III listing (a category requiring cooperation from other countries to prevent unsustainable or illegal exploitation). Black cohosh, echinacea, and osha are some of these plants (*Ligusticum porteri*). Herbalists have always been concerned about the availability of high-quality herbs. The leaves of this tree, which are high in rutin, help strengthen the walls of the vascular system and make an excellent tea for treating flu, colds, coughs, and other viral infections. It's a drug that's used all over the world to treat malaria.

Juniper (various species)

Parts used: leaf and berry

Another antibacterial herb with a particular affinity for the urinary tract is this one. This shrub's leaves are used; brew a tea with them. Short-term consumption of a few juniper berries is also possible.

Pine (various species)

Parts used: needle and resin

A cup of tea made from the needles once a day will keep your body "alive" as an antioxidant, and pine has antiviral and anti-infection properties.

Ginkgo (ginkgo biloba)

Part used: leaf

Ginkgo is well-known for its potential to improve brain and memory functions, but it also has excellent immune

support and vascular maintenance characteristics. The leaves can make a basic tea at any time of year, but the late summer yellow-green varieties are the best.

It was difficult to find organically cultivated herbs twenty years ago, so I chose to produce my own as much as possible, seek out organic herb growers in the United Kingdom, and import from American wild crafts when necessary. Needs and trends have shifted drastically in recent years, and finding high-quality herbs has become very simple. Nonetheless, my own experiences do not necessarily reflect the norm; therefore, the topic merits further investigation. There is a clear need for better herb quality management. As a result, the Medicines and Healthcare Products Regulatory Agency (MHRA) in the United Kingdom has enacted laws and regulations governing the quality, origins, storage, and preparation of herbs grown in or imported into the country. The issue of quality has become more urgent in recent years as the popularity of herbalism has raised the demand for herbs. A few importers have become less picky to accommodate the ever-increasing request, and laboratory testing has revealed that some herbs have been switched or contaminated. Some imported herbs have been found to contain toxic metals. Fecal matter has been discovered among some primitive herbs, indicating that human feces were once utilized to fertilize fields. Some herbs are still picked in and near catastrophe zones, frequently by impoverished people who are desperate for a way to make a livelihood, and herb collecting is still a way of life for them. The fumes and leakages from medical and other harmful wastes are buried or burned, and the fumes and leakages might contaminate the herbs in the region. Pesticide use has increased by 33 times during the 1940s, with a tenfold rise in strength. This includes insecticides, herbicides, fungicides, and other agents. The use of pesticides on plants is quite harmful. According to the National Cancer Institute in the United States, ingesting pesticide-contaminated foods increases cancer rates by seven to eight times – hardly something that sits well with medicinal herbs. Sulphured herbs are now available; apricots and peaches are sulphured to preserve their colour and storage life, but do we also want sulphured herbs? Insects and rodents are occasionally discovered amid the herbs. Microbes, such as fungi and bacteria, must be kept to a minimum, yet herbs are frequently sprayed with harsh chemicals like ethylene oxide while in transportation, making them hazardous. During monsoon seasons, bacteria such as *E. coli* and those that cause typhus have been detected in herbs, particularly low-growing plants. Antibiotics are sprayed on some plants to eliminate the need for costly laboratory testing to evaluate toxicity and microbiological levels (which are often unacceptably high). The resulting products are referred to as “pretreated” and “clean.” Another method used by herb companies to “clean up” herbs is autoclaving a steam-based cleaning technique. Initially reserved for surgical instruments, this sterilization method is now being used on herbs to reduce the danger of contamination. Another approach is to irradiate herbs, a contentious process commonly used on specific foods. The fact that a product has been irradiated is frequently not disclosed on the label. Some companies selling imported herbs in the United Kingdom were recently penalized for failing to disclose this information. In other cases, the MHRA tested routinely offered over-the-counter herbal treatments, with some surprising but not unexpected results. Many were discovered to have very little or no active plant components. A lot of the time, ash was the predominant ingredient. This tarnishes herbs and feeds the “they don’t work” problem that plagues the United Kingdom and the rest of the world. (See the American Botanical Pharmacy on page xii for high-quality herbs from the United States.) In the end, organic (or clean, wild-collected) herbs must become the industry’s only accepted sort of herb, which can happen if the public demands it. To ensure low spoilage and maximum efficacy, exclusive use of such herbs must be combined with techniques to analyze each plant’s authenticity of species and the use of proper storage facilities, including storage of fresh tinctures or freeze-dried herbs.

Collecting and drying plants

The chemistry of plants changes depending on the time of day and season.

According to tradition, some plants were always harvested before sunrise, and others were never collected after sunset. Overall, plant harvesting procedures had many interesting idiosyncrasies that have now been scientifically proven to be helpful. Some fundamental guiding concepts can be identified:

Spring leaves are the greatest because they contain fresh sap. Their energy hasn’t been diverted to the production of flowers or seeds yet.

The most excellent time to collect bark is in the spring when the sap rises, which is also the easiest time to remove the newly produced bark.

Flowers: Just after they've opened, they're at their best.

Seeds: In late summer and early autumn, these are at their best.

Berries: The most excellent time to pick berries is usually in the autumn. Look for skin that is firm and radiant, with good, rich colour.

Collect roots, rhizomes, root bark, and tubers in late autumn, after all of the top foliage, has died down, but before the nutrients contained in them are depleted during the winter and spring. Spring collecting is an alternative that will result in slightly different chemistry, but it should be done before considerable foliage, and stem production begins.

The manner herbs are dried and stored after they've been collected is crucial. When you pluck a herb, it starts to degrade right away; germs and fungi multiply, and the plant's power ebbs along with its colour, smell, and texture. It's critical to halt this process as soon as feasible. Each plant's water content and type of fibrous material to be dried differs, and certain plants require highly efficient conservation of their frequently lost oils. The environment more influences others; for example, if the weather is consistently wet and rainy, fungal spores can destroy the plant. The plant should be kept out of direct sunshine and in steady aerated heat for drying.

CHAPTER THREE

BASIC PREPARATIONS OF HERBS

A herb may be used alone or as part of a formula containing many herbs. When the strength of a single herb has to be enhanced, the latter, known as polypharmacy, exploits a combined effect. Usually, the formula consists of one primary herb and a few supporting herbs. One or two herbs, or even ten or twelve, can make up the support team. The main herb, for example, may be needed to relax inflamed tissue, while the aid of the others in nutrition, toxin elimination, nerve or blood supply support, or to quiet and sedate. Teas (infusions), decoctions, tinctures, syrups, capsules, ointments, compresses, poultices, suppositories, pessaries, douches, essential oils, herbal oils, smudge sticks, or powders are all options for these single or multiple herb options. Different administration methods are used depending on whether a herb or herbs is used externally or internally.

Furthermore, a decision must be taken as to how the specific beneficial chemicals will be extracted. For example, water removes the critical chemical ingredients in ginkgo leaf, so tea or decoction is good. In contrast, alcohol is best for extracting the main chemical constituents in echinacea root, so a tincture is ideal. Methods can be coupled in some cases to take advantage of all possible chemistries. All plants utilized in the essential preparation of herbs should be organic or wild-crafted, as previously stated.

HERBAL TEAS — INFUSIONS

Teas and infusions can be brewed in a specialist teapot, or a tea sock can be used to create tea in a mug or cup. A tea sock is a plain cotton sock with a wire rim that contains the herbs and can be placed in a mug, cup, or pot to steep in boiling water. To 3 cups of distilled water, add 12 to 1 ounce of dry herbs or 1 to 2 ounces of fresh herbs. Infuse the herbs for five to twenty minutes in a mug or teapot, then drain and discard the herbs. The sole exception is chamomile, which should be used with 12 ounces of water and infused for only five minutes.

Dosage Guide for a Seven-Minute Infusion

Adults: 3 cups a day

Children aged 3 to 12: 1 1/2 cups a day

Children under 3: 3/4 cup a day

Adults over 70: 1 1/2 cups a day

Adults over 75: 3/4 cup a day

You can combine a variety of herbs. It's preferable to do so since you'll obtain a broader spectrum of chemical qualities and effects, and no single herb will have a dominant flavour or impact. Change your herb mixtures regularly.

DECOCTONS

A decoction is comparable to a herbal tea, except it's made using the more challenging portions of the plant, like nuts and hard seeds, barks, rhizomes, and roots. An infusion may not extract all of the therapeutic qualities bound into these more challenging sections of plants. As a result, you'll have to heat them for a longer time. A simple decoction is created by combining 12 ounces to 1 ounce of dry herbs with 3 cups of cold spring water (depending on how bulky the pieces are) (1 cup may evaporate during boiling). If you have the time, soak and rehydrate the herbs in the water for up to twelve hours before slowly bringing the mixture to a boil. Allow it to simmer for ten to thirty minutes. Divide the mixture into three glasses (about 2 cups) and consume at regular intervals throughout the day.

TINCTURES

These herbal combinations have had their therapeutic components extracted, ideally into organic grain alcohol or vinegar. Use 8 ounces of dried roots, berries, leaves, or flowers, or 16 ounces of fresh material, with enough vodka to cover — a minimum of 32 fluid ounces — to prepare a typical quantity of alcohol or vinegar tincture at home (1 quart).

1. Place the chosen item in a blender or food processor and cover with vodka; ordinary 45-proof will suffice, but 70- to 80-proof will be even more effective. Combine the ingredients in a blender. If you use berries, the mixture will be exceptionally stiff and unyielding, making it difficult to turn the blades and necessitating extra vodka to break them down. Pour the tincture into a dark, airtight container when it has been thoroughly blended – a dark glass jar with a rubber closure is perfect.
2. Shake well, carefully label the jar, and store it in an excellent, dry location away from direct sunlight.
3. Measure the contents and add water after two days. If using 45-proof vodka, add 20% of the volume of dried berries, leaves, and flowers; if using 70- to 80-proof vodka, add 50 to 60% of the content. Shake the container at least twice a day for two to four weeks.
4. Strain the mixture through a jelly bag until every last drop is filtered, ideally overnight. Use a wine press for the most satisfactory results.
5. Transfer the liquid to dark jars, label them, and store them in a cool, dark area. Decant into a 2-ounce tincture bottle for personal use.

Some herbalists like to schedule tincture production around the moon's phases, relying on the moon's gravitational waxing and waning to provide power and energy, much like the ancient herb alchemists did. Begin the process while the moon is fresh, then strain and bottle when the moon is full. Seal the stopper with wax and store it in a dark area to retain tinctures for a long time. When delivering a tincture internally, you can evaporate 98 to 99 percent of the alcohol from the solution by placing it in a bit of amount of boiling water. Otherwise, dilute your tincture with a small amount of cold or warm water or fruit juice. The average suggested dosage for tinctures derived from berries, leaves, flowers, barks, root barks, rhizomes, and seeds vary by herb; therefore, seek advice from a herbalist.

Dosage for every day and Long-Term Use

Adults: 1 teaspoon of tincture that has been diluted in 5 teaspoons of water (or fruit juice), two to three times daily, for a total intake of approximately three teaspoons per day

Children aged 7 to 12: half of adults dose

Children aged 3 to 7: one-quarter of an adult dose

Children under 3: 2 to 5 drops twice a day.

Dosage varies from person to person and depends on whether a single herb or a formula is used. It is possible to use tinctures that have been commercially made to a professional grade. Some are of excellent quality but opt for those that employ organic or wild-crafted herbs whenever possible. For added benefit, some people combine tinctures with infusions and decoctions.

HERBAL SYRUPS

A herbal syrup is essentially a maceration, an infusion, a decoction, or a tincture with maple syrup, vegetable glycerin, or honey added to it. These ingredients are primarily included to preserve the solution, making the liquid thicker and stickier, making it more appealing to children. I prefer maple syrup and have done so in my clinic for numerous years with great success. By adding 25 to 50 percent maple syrup to any herbal tincture, most youngsters can be persuaded to take it. Traditional syrups were created by reducing a decoction to a fraction of its original volume and adding sugar or runny honey. You can make a three-power decoction by slowly simmering a decoction down to half its original volume. You can make a six-power decoction by simmering a three-power decoction down to half its actual amount. You can make a three- or six-power syrup by adding maple syrup to it. Look for organic maple syrup (instead of sugar).

DOSAGE GUIDE

Follow the tincture dosage recommendations.

Onion and garlic syrup can prevent and treat colds, chills, fevers and boost the immune system in general. Chop or puree organic garlic and onions in a food processor or blender. You can utilize the entire plant if you use fresh organic garlic and onions. Cover with vegetable glycerin and a pint of high-quality honey — that is, the bees should not have been fed sugar over the winter, and the honey should not have been heat-treated. This can be done with some rain forest kinds of honey or maple syrup. Add a tablespoon of lemon juice to the mix. You may also purée the onions, garlic, and syrup together, which is faster but uses more syrup.

Elderflower and elderberry compote syrup: You can make herbal compotes the same way as fruit compotes are produced in Europe throughout the summer, by adding herbs as they come into flower or fruit. Instead of the brandy and sugar used in traditional fruit compotes recipes, use vegetable glycerin, runny honey or maple syrup, and lemon juice if preferred. Begin with elderflowers blooming in June and harvest their white, fluffy dresses as soon as they emerge from their buds. Remove the white flowers from the green stalks and place them in a jar with a wide neck. You can add more every day, but make sure the flowers are covered with vegetable glycerin or maple syrup each time. A decent ratio for a combined mix is a pint of vegetable glycerin, a cup of maple syrup, and a tablespoon of fresh lemon juice. A less expensive alternative utilizes only vegetable glycerin and a spoonful of freshly squeezed lemon juice per pint. Place this mix outside to capture as much sunlight as possible, but if the weather is consistently chilly and gray, keep it indoors in a warm but not hot location. The flowers will condense over time, leaving only syrup in the upper half of the jar. Fill up the gaps with extra flowers, but never let the flowers rise above the syrup; this can be difficult! Shake them down at least once a day to keep them down since if they don't stay in the syrup, they'll oxidize, turn brown, and ferment. After two weeks, filter the syrup from the flowers, discard them, and replace them with new ones to boost strength. The wine-red elderberries of *Sambucus nigra* (a variety that is safe and healthy to eat and is used in cough syrups due to its highly antiviral compounds) appear in September and October in the United Kingdom and Canada; collect these when fully ripe but not moldy in any way and add them to the strained syrup, this time pureeing the whole thing to crush the berries. The syrup that results is rich and flavorful. Shake once a day. You can also place it in any fading fall sunlight, strain it, and add more berries if desired. The resulting brew, which will be ready to drink by mid-to-late October, is so delicious that everyone who tries it will tell you that it makes them feel a little queasy — so make a lot!

HERBAL CAPSULES

There are two sorts of empty gelatin capsules: those made from vegetable gelatin (which vegans prefer) and those made from animal gelatin. To use, combine powdered herbs (if using a formula) and fill capsules by putting powder in a saucer and scooping powder into both ends of the tablets. Then, with one end overlapping the other, push the two ends together. You may either buy little devices to do it for you or purchase pre-made capsules. Capsules are ideal for bowel cures in which chemical ingredients must reach the colon. Tinctures, teas, decoctions, and freeze-dried herbs, on the other hand, are preferable since they are fresher and reach the bloodstream faster. If you can't eat a lot of fresh garlic, slice it up and put it in capsules; however, you must use them immediately, or the garlic will dissolve the gelatin. Pills might also be effective for folks who can't tolerate a teaspoon of spicy cayenne pepper.

Dosage Guide

Adults: 2 capsules two to four times a day

Children aged 7 to 12: 1 capsule two to four times a day

Children aged 3 to 7: 1 tablet twice a day

Children under 3: tablets often not advised

OINTMENTS

Ointments have a protecting and emollient action, and they liquefy when applied. Herbs, oils (ideally virgin olive oil), essential oils, and beeswax are usually used to make them. The herbs absorb the oils, while the wax provides the ointment with its firmness. Pour olive oil over the powdered herbs to produce an ointment. One cup olive oil to 12 ounces of dried herbs is a decent starting point. Place in a closed container (stainless steel, earthenware, unchipped enamel, or glass) and either bake for an hour at low heat (100°F) or leave in the sun or another warm place for a week. Stir the mixture with a fork regularly. Allow for another week of maceration (if using the oven method, heat up again before continuing). Strain through a muslin lined a large plastic or stainless steel colander; alternatively, strain through a jelly bag and hang overnight. Finally, in a double boiler or a saucepan with a very thick base at a shallow temperature, melt 1.75 ounces of beeswax and add the herbal olive oil. Please have a few glass jars on hand, and pour a small amount of the liquid into one to ensure it's the right consistency for use: firm but not stiff, and still spreadable. Remember to label your ointments.

Dosage Guide: Apply two to three times daily or more frequently if necessary.

COMPRESSES

A compress is a herbal infusion or decoction given to the skin with a fabric, gauze, or towel, always composed of natural fibres such as cotton. Compresses can be created with any liquid at any temperature, but the most popular method is to use a hot herbal tea or decoction. Compresses can also be made using different vegetable oils, apple cider vinegar, and essential oils. To make a herbal tea compress, start by making an infusion or decoction as usual. Then, dip a piece of fabric into the solution, the size of which should be equal to the region of the body to be covered. Using the cloth, wring out any excess liquid and applying it to the affected area. You might want to keep the fluid hot and dip the fabric into it every few minutes while it cools. Overwrapping the compress with a heavy cloth, plastic wrap, or a hot water bottle will help it hold its heat for longer. When the heat has gone out, replace it. Alternating heat and cold compresses are an excellent approach to improve circulation in any part of the body. Apply a wet, ice-cold cloth to the affected area for a few minutes, then apply a hot compress in the same manner. You may decide to leave the compress on for an extended amount of time at some point. In this scenario, you'll need to wrap it in plastic wrap, add more towels, and, of course, a hot water bottle. Allow sitting for up to two hours. Changing the temperature in the affected area promotes circulation and relieves congestion. While the hot compress draws pollutants from the body, the cold compress constricts blood flow and circulation in the area for a short period. This can help relieve discomfort caused by excessive heat exposure and lessen swelling and pain. A combination of the two will triple circulation.

POULTICES

A poultice varies from a compress in that the herb or herb oil is put to the body rather than the infusion or decoction. This can be done simply by “bruising” (slightly crushing) a herb leaf and applying it to the skin; plantain leaves, mullein flowers, and comfrey leaf poultices are all suitable examples and are excellent for sprains. Another popular way is to combine dried, chopped, or powdered herbs with water, apple cider vinegar, or another suitable liquid such as olive oil to make a paste applied to the skin. I've discovered that adding some mucilaginous herb powder, such as slippery elm bark, to the mixture generates a consistency that adheres better. When using a non-oil-based poultice, a small amount of oil added to the treatment area will make the poultice more comfortable. Before applying a poultice to a hole in the body or a deep wound, clean the area with an essential oil and water solution — for example, one drop of lavender essential oil and one drop of tea tree essential oil in a cup of water — before applying the poultice. Then, toss in some anti-infection herbs like turmeric rhizome, myrrh resin, or thyme leaf into the poultice. Another rule to follow when treating a wound is that some poultice may appear to have vanished or been absorbed into the body once it has dried. Do not remove the leftover poultice; instead, place a new poultice on top of the old one and continue “feeding” the region. I regard a poultice to be a part of the body once it has dried onto a wound, similar to a scab — it will fall off when it's time, or it will grow into and become the flesh itself. However, some poultices, mainly drawing poultices, must be changed regularly since they absorb toxins expelled from the body. Poultices can be used to relieve itching and other skin irritations and remove the poisons from stings and bites. They can also warm an area (such as a mustard plaster) and treat glandular infections or congestion. If you don't want the actual plant to touch your skin, a poultice can be put between two layers of gauze or soft cotton. When a poultice dries, it becomes taut and draws contaminants to the surface. You can use drawing herbs or even reconstituted clay to boost the “pulling” force. This type of poultice is excellent for tumours and cancers; herbs like pokeweed root can help with breast cancer treatment, and the inclusion of powdered charcoal helps to detoxify the blood. Potatoes, onions, carrots, beets, garlic, cucumbers, aloe vera, and various greens have all been utilized in vegetable poultices over the years. Warming and stimulating poultices with Cayenne, ginger, mustard, and horseradish have all been popular. Comfrey leaf, slippery elm bark, marshmallow root, aloe leaf or gel, calendula flower, lobelia leaves and seed, and mullein flower have all been used to make healing and soothing poultices. Seed and grain poultices and fruit poultices made from bananas, figs, apples, papayas, and melons have been used with great success over the years. Plantain leaf is a blood cleanser and a great drawing plant used in poultices. An onion, which may be roasted in the oven and laid over the injured area for pain relief, is found in almost every kitchen.

CASTOR-OIL PACKS

Castor oil packs can help with inflammation and soreness. They can also help to clear congestion and draw toxins out of the body. Make a muslin or flannel pack to the desired size and soak it in warm castor oil. Because the heat will press the castor oil into the area, the temperature on the body should be as high as is comfortable. Hold in place with plastic wrap and a hot water bottle after placing on the body. The amount of time the pack is left on varies. To keep the packshot, some are replaced every hour or so with new ones. Some may be left on all night, while others can only be left on for thirty minutes. Another approach is to apply a pack every four hours for thirty minutes.

GARLIC PASTE FOR FEET

This treatment is a fantastic way to help with any respiratory issues. Peel eight garlic cloves and purée with olive oil, water, and slippery elm bark in equal parts. To avoid skin scorching, apply a liberal layer of petroleum jelly to the soles of the feet, followed by a layer of garlic paste. Cover with fine muslin bandages and old baggy socks; you can even cover these with plastic bags. Check the paste every two hours to make sure the garlic isn't scorching the soles of the feet.

SUPPOSITORIES AND PESSARIES

Internal herbal poultices such as suppositories and pessaries are employed. A mucilaginous herb, such as slippery elm inner bark powder, and a lubricant, such as a coconut oil or cocoa butter, are used to make the basis. Other powdered herbs that treat the specific issue are mixed in with the base. To spread their herbal elements to internal locations, these are put into body openings (vagina, rectum, nasal cavities, ears, or mouth). Suppositories and pessaries are created in the same method and are often used for rectal cleansing, vaginal infections, irritation, infection, and other reproductive-related issues. You'll need finely powdered and sieved herbs to produce a suppository so that the end product is as smooth as possible. The suppository's size is determined by the location into which it will be put. Place a jar of coconut oil in a bowl of boiling water. The grease will melt in a short period. Blend the heated coconut oil with the finely powdered herbs until a pastry-like consistency is achieved. Form the herb mixture into the desired suppository size and shape. Refrigerate the individual suppositories, placed on waxed paper, stainless steel, or glass plate. They will get complicated if they are refrigerated. Take one out of the fridge, hold it between your fingers for a few seconds (the coconut oil will begin to melt), and then insert. To begin, lubricate the area of insertion with olive oil. When the suppository is placed inside the body, the body temperature constantly changes, causing the coconut oil to melt and disseminate the herbs.

Use equal parts powdered squaw vine leaf, slippery elm inner bark, yellow dock root, comfrey root, chickweed leaf and stem, barberry root bark, mullein leaf, and flower, plus half a drop each of geranium and lavender essential oils in a cocoa butter base for vaginal pessaries.

In a coconut oil base, combine nine parts slippery elm bark, three parts barberry root, three parts pau d'arco inner bark, two parts black walnut hull, one part chamomile flower, one part lavender flower, and one part tea tree essential oil.

Begin with a seven-pessary therapy, using one every night or every third or fourth night. Insert the device into the vaginal canal. If desired, to protect night apparel, bed linens, and other items, apply a sanitary napkin; nevertheless, the more air allowed to circulate the affected area, the better. The herbs are taken into the body after the coconut butter melts at body temperature overnight (or longer, depending on the individual woman's basal temperature). Any residual herbs can be easily removed by conducting pelvic floor exercises in a bath containing a few drops of lavender essential oil and five tablespoons of cider vinegar every three or four days. To avoid leaking when dressing in the morning, use a natural sponge; you may need to use a sanitary napkin as well.

Suppositories for analgesia: Hemorrhoids benefit significantly from this treatment. In a cocoa butter foundation, combine equal parts black walnut hull, horse chestnut fruit, eucalyptus leaf, slippery elm bark, and yarrow leaves, as well as a few drops of witch hazel essential oil.

DOUCHES

Douches are herbal liquids that are gently put into the vaginal canal (through a douche bag), usually in the form of a herbal infusion or decoction made with vegetable, nut, or seed oils, or aloe vera leaf gel. A readymade decoction of equal parts chamomile flower, pau d'arco inner bark, barberry root bark, and lavender flowers and leaves would be an example of douche herbs. This solution can promote fungus and bacteria resistance. Douches can be used to wash away the pessary residue or to clean the area.

ESSENTIAL OILS — THE COMPACT PHARMACY

Flowers, grasses, fruits, leaves, roots, and trees are used to extract essential oils. Over 300 different essential oils are accessible, which combine to produce an incredibly effective medical system. Many essential oils are used in medicinal formulations nowadays. Essential oils' tremendous benefits must be respected. They will burn if applied straight on the skin without being diluted, except for lavender. Some people have applied pure essential oils

(especially tea tree oil) to cuts, skin abrasions, and skin disorders after reading recommendations in the literature. Tea tree burns are prevalent because this essential oil is meant to be applied directly to the skin. Although some people can handle it, a patch test is recommended. Treat with aloe vera gel, olive oil, wheat germ oil, or any thick vegetable oil you have on hand if an essential oil has been administered directly in undiluted form and is burning. Water should not be used because it will exacerbate the burning impact.

METHODS OF USE AND DOSAGE FOR ESSENTIAL OILS

Put one drop on a tissue or a handkerchief and sniff as needed.

Add two to three drops to a bowl of steaming-hot water, cover the head and bowl with a towel, and inhale the vapour while keeping your face a foot above the water's surface.

To make massage oil, mix 1 cup base oil with 14 to 12 teaspoon essential oil.

HERBAL OILS

In a blender, combine your chosen herb and a small amount of olive oil or fractionated coconut oil – both are nonrancid, safe, and stable base oils in which the herbs can be macerated. The essential oils will be released into the base oil as the herbs are chopped. When using dried material, use roughly 4 ounces to 3 cups of oil, but if using fresh material, use around 6 ounces. Allow this maceration to steep for two weeks in the sunshine. Shake regularly. You may make it stronger by filtering the liquid, discarding the residual herbs, and starting with a fresh batch of herbs. Use a tablespoon of each of the following herbs to make a warming body oil and rub: English mustard seed, hot chile powder, fresh powdered ginger, and black pepper. Olive oil should be used to coat the components. Steep for a month, then add peppermint and camphor essential oils for added heat. Essential oils are becoming more popular, and this demand has resulted in worse quality in some situations. Toxins aren't permanently eliminated, and the most significant parts of the essential oils aren't always removed. Oil quality testing is costly, but it is necessary to ensure that they are safe and reliable. Making your own, as explained above, is simple and ensures that the product is of good quality and free of adulteration.

SMUDGE STICKS

These are a great way to "fumigate" a space. The smell will freshen the air and change the mood. Native Americans traditionally employed wormwood or white sage. English sage, thyme, eucalyptus, rosemary, and wormwood can all be used to construct your version. Gather the herbs into a tight bundle, then tie the bundle even closer with intense, pure cotton thread. The piles must be appropriately dried and promptly; otherwise, they will become moldy and useless. To use, fire the flame and wait for it to catch, then blow it out and use it when it's still smoldering.

POWDERS AND TALCS

Chickenpox, shingles, summer heat rashes, athlete's foot, or any irritating condition with blemishes that are weeping can all benefit from these treatments. It can even be used to treat weeping eczema. 2 tbsp. Arrowroot powder, cornstarch, or fine corn flour Combine one teaspoon of the finely powdered black walnut hull, thyme leaf, barberry root bark, dried lavender leaf, and flower use any of these herbs individually.

Powder for vaginal dusting: This is appropriate for infections and wet discharges. 12-ounce arrowroot powder, 12-ounce black walnut hull powder, 12-ounce barberry root bark powder or turmeric rhizome powder, 12-ounce neem powder (if available), and 14-ounce lavender leaf and flower powder. Apply the powder directly to the area or combine it with aloe vera gel and inject it into the vagina. Aloe will cool the region in hot temperatures, but the powder will dry up and absorb the discharge.

HERBS FOR THE DIGESTIVE SYSTEM

Meadowsweet, a northern European herb that grows abundantly in Britain, can stimulate hydrochloric acid and pepsinogen production by stomach cells. It can also be used to treat overacidity with remarkable effects. Many additional herbs, not least typical culinary ones like oregano, marjoram, fennel, coriander, basil, garlic, and ginger, can stimulate and promote digestion in several ways. After eating, sip a tea made from meadowsweet leaf, peppermint leaf, or chamomile flower. It may even be necessary to avoid herbs like pau d'arco inner bark, which might be too harsh on the stomach for some people. If herbs don't suit you, your stomach will usually tell you, but visit a herbalist.

Natural healing: Good chewing is essential, and your stools can tell you how good you are at it. If you can recognize a lot of your meal, chew it more! Even if you're starving, you should exercise restraint because haste can easily backfire. It may cause gas in the short term and poor assimilation, and ill health, in the long run, not to mention a clogged intestine, resulting in constipation or diarrhea. Take it gently and chew it thoroughly. Bad dental care and oral problems can make it difficult to chew properly, so visit the dentist regularly, wash your teeth, and take care of your mouth. Abscesses, receding gums, and infection can be treated with mouthwashes containing salt, oak bark, fennel seed, and myrrh leaf. They're incredibly beneficial when used in conjunction with frequent brushing.

HERBS FOR THE PANCREAS

Two or three garlic cloves, fenugreek seed, and Chinese licorice root, as well as burdock root, Siberian ginseng root, Schisandra berry, and Astragalus root should be consumed twice a day. Wild yam root is a good addition since it helps to keep blood sugar levels in check. Cleanses of the liver and intestines will be essential (pay particular attention to any colon congestion around the splenic flexure, which can press on the spleen and pancreas).

Natural cures: Take both hot and cold showers, but if you're tired or experiencing low-blood-sugar symptoms like light-headedness and dizziness, focus on the cold rather than the heat.

THE LIVER AND GALLBLADDER

The liver is the largest and most important organ in the body for overall health. It can be found beneath the lower right rib cage. The liver has a higher rate of total self-renewal than the rest of the body. The root meaning of its name, "live" or "life," is particularly suitable, given its ability to regenerate itself through excellent diets, rest, and herbs. The liver produces and releases an incredible number of beneficial compounds into the body, sustaining us in various ways. Vitamins, minerals, and carbohydrates are also stored in it. A clogged, under-functioning liver causes deficiencies in any of these. They can lead to various illnesses, including low blood sugar, diabetes, menstruation problems, and other hormonal issues. All of these chemical processes require food as a raw resource. The liver relies on nutrition to stay healthy; it absorbs food from the intestine and releases it at the appropriate rate. The liver is the body's primary detoxification unit. It detoxifies various internal and external pollutants via two distinct methods (of which there are more and more in our modern, polluted world). Toxins are excreted by the bile if large and via the urine if tiny due to these detoxification processes. Enzymes are essential for efficient detoxification, and excellent nutrition and herbs can considerably aid this process. The gallbladder and bile production must also be in good working order for appropriate toxin clearance to occur. The gallbladder is a tiny organ that is linked to the liver's underbelly. Once bile has been collected from the liver, it is concentrated and stored here until needed. When food moves from the stomach into the intestine, the gallbladder ejects bile into the duodenum.

Bile has a variety of purposes, one of which is to aid fat digestion. It also serves as the liver's unique eliminatory pathway, making it a natural laxative. The liver produces immune substances as well as cleansing and filtering the blood by neutralizing toxins. It generates a lot of heat throughout its various chemical interactions, which can warm the entire body. The liver can become "overheated" if it is pushed and overburdened with the job it needs to do, perhaps due to high hormonal demands or toxins. This will hurt other organs and systems. The liver is involved in the premenstrual period, menstruation, menopause, and different endocrine phases for women and initiating and inactivating several hormonal processes. Through its influence on nutrient and energy supply and detoxification, this cleansing, manufacturing, and storing center has a direct link with the mind and its function. If the liver is overworked, one can feel depressed or even angry, unhappy, weepy, and at worst, envious. When the liver is operating correctly, it can make us feel pleasant, joyous, balanced, sprightly, and invigorated. Before and after a liver cleanse, such significant alterations are frequently visible.

Herbs: Many liver herbs are bitter or sour, and they stimulate digestion. Dandelion leaf, sorrel leaf, angelica root, watercress, and wormwood leaf are some common and wild liver herbs in Europe and the United States, as well as turmeric and lemon in the kitchen. Gentle herbs such as marshmallow root, dandelion root and leaf, gentian root, wild yam root, and chamomile flower will be required if the gallbladder is genuinely inflamed. Milk thistle seed, Bupleurum root, artichoke leaf, barberry root bark, Schisandra berry, wild yam root, burdock root, gingerroot, lobelia leaf, mugwort leaf, gentian root, dandelion root, olive leaf, turmeric rhizome, rosemary leaf, and perilla leaf can all be used to help the liver and gallbladder, either by stimulating bile flow or by protecting, cooling and clearing the Daily consumption of chamomile flower tea aids digestion and liver function while also replenishing bowel flora. It's also great for calming down kids. Herbs for the colon, circulatory, and lymph systems, such as

mullein flower, lobelia leaf, burdock root, and cascara sagrada old bark, can all help the liver. A bulge in the neck or breast could indicate a clogged liver with insufficient blood and oxygen. It's likely that your digestion isn't working correctly and has to be fixed. Cleaning the liver and toning the digestive system will be pretty beneficial. Dandelion root, milk thistle seed, and gentian root are all excellent options. An overstimulated sympathetic nervous system, as well as an overworked liver and gallbladder, can cause weak tendons and ligaments and brittle nails. Consume plenty of cabbage and broccoli, as well as teas or tinctures made from burdock root, dandelion root, yellow dock root, barberry root bark, and Bupleurum root. Acne and psoriasis are common skin illnesses that indicate a problem with the liver or digestive system. Dandelion seed, dandelion root, barberry root bark, and burdock root are all beneficial. A liver cleansing can also be helpful (see chapter 6). Use wild yam root, Siberian ginseng root, Astragalus root, licorice root, burdock root, and dandelion root and leaf to treat digestive, spleen, and liver imbalances which can lead to blood sugar disorders and indigestion. Use milk thistle seed, lavender leaf, and dandelion root and leaf to help with liver emotions like anger, melancholy, emotional distress, and frustration. Herbal teas such as mint, lavender, and chamomile should be consumed.

Spring is a time when sap rises and trees and plants burst out with new growth. Birds can often be heard happily singing love and courting songs. The liver and gallbladder were regulated by the element of wood in traditional Chinese medicine. As a result, liver cleansing is traditionally the focus of spring cleanses (see chapter 6). In addition, massage the liver area for one minute every day. Showers, both hot and cold, should be taken daily. If your liver is bloated, apply castor-oil packs to it (see chapter 3). Exercise will tremendously assist in constructively releasing anger and anxiety so that they do not become caught in the liver and gallbladder. Don't forget to drink enough water to flush out all undesired poisons, hormones, and other congestive factors.

HERBS FOR THE COLON (BOWEL) OR LARGE INTESTINE

In all cases, aloe vera juice will soothe, heal, and help to repopulate intestinal flora. Cleansing the liver and kidneys may also be therapeutic.

HERBS FOR THE URINARY SYSTEM

It's vital to remember that some herbs are just as capable of emptying the kidneys as prescription-only synthetic diuretics due to the strength of their action. As a result, they should only be used for specific objectives and a limited duration. Horsetail leaf is an excellent example. True, they don't leech potassium from the body since, like other plants except for licorice root, they're high in potassium and low in sodium (typically in a three-to-one ratio); however, if consumed for lengthy periods, their diuretic action on the kidneys will weaken and drain them. Dandelion is the safest plant, as it does not hurt the kidneys while also helping the body shed extra water. "It's the safest diuretic in the botanical kingdom," says Dr. Christopher. It can also assist the liver in its functions. Parsley root, marshmallow root, corn silk, and bearberry leaf are other herbs used in conjunction.

HERBS FOR THE ADRENAL GLANDS

Plant hormone precursors are essential for recharging tired or trigger-happy (overactive or underactive) adrenals. Wild yam root, Chinese licorice root, and Siberian ginseng root all contain them. Bedrock tonics include marshmallow root, astragalus root, and Schisandra berry. Before going to bed, make a cup of chamomile flower and skullcap leaf tea. One cup of parsley leaf tea per day is recommended.

HERBS FOR THE REPRODUCTIVE SYSTEM

With the help of Dr. Ruth Drown and colleagues, American engineer Galen Hieronymus developed a system that detected what looked to be the plant equivalents of the seven human endocrine glands: pineal, thymus, pituitary, adrenals, thyroid, ovaries, and prostate. Plants are high in hormones that subtly interact with the human body, unlike their synthetic equivalents. They can turn on and off, go where they're needed, and generally respond to commands. Plants and trees require hormones for the same reasons that humans require, and the diversity of hormones found in plant life is astounding and highly useful in terms of their various qualities and applications. Plants contain the rainbow of hormones and hormone precursors needed to moderate adolescence, balance menstruation, promote fertility, help menopause, support the prostate, or balance an estrogen dominance in the case of some cancers. Phytosterols are plant sterols that human recipients can utilize as building blocks for their own hormones. Hormones are thought to be present in between 4,000 and 5,000 plant species. Sarsaparilla root, chaste tree berry, dong quai root, and saw palmetto berry are just a few of the herbs that are often used to tone, regulate, and balance the

endocrine system in both men and women.

HERBS FOR THYROID

Herbs include Siberian ginseng root, and, on rare occasions, echinacea root is a good choice. Dandelion root, barberry root bark, milk thistle seed, and chaste tree berry are all endocrine and liver medicines that indirectly and directly assist the thyroid.

HERBS FOR SPLEEN

Herbs that support the pancreas and herbs that help the immune system, such as echinacea root (as long as autoimmune disorders aren't present) and burdock root, are acceptable.

THE CIRCULATORY SYSTEM

Heart attacks and circulation problems are frequently referred to as a "knife and fork disease" (a key phrase often used by natural healer Richard Schulze). It could have been our parents' knife and fork, or it could have been our own, but diet is typically the culprit. Cholesterol-conscious diets are having a good impact in the United States. If we were to pay as much attention to heart and circulation deaths as we do to AIDS or even cancer deaths, we'd have to look at what people in industrialized countries consume. Because most people are unwilling to examine this link or change their habits, the high fatality rate persists. We cause issues for our children and their children by passing on our destructive behaviors through our genes, resulting in overburdened circulatory systems from birth, which, according to surgeons, are causing cardiac problems in younger and younger people. In the United Kingdom, women are four times as likely as men to suffer from general circulatory diseases, even though men have more heart attacks.

Herbs: Hawthorn is possibly the most crucial herb for circulatory system recovery, aside from garlic and Cayenne. It's a "heart" food, which can protect, buffer, and repair the heart muscle. Hawthorn teas and hawthorn syrup can be made. In the spring, collect hawthorn leaves and blossoms, and in the autumn, when the berries are bright red, collect the berries. According to studies, chemicals in hawthorn cling to heart cells, allowing them to absorb oxygen more efficiently and reducing heart attacks. It can also help people who have had a heart attack by restoring their health and removing palpitations and murmurs. It buffers beta cell receptors and is a more sophisticated variant of the beta-blocker class of medications because it can also "unblock" as needed. Hawthorn is also an antioxidant, thanks to its high content of flavonoids, which help to clear plaque from the circulatory system. If you take hawthorn leaves, flowers, or berries and experience a heart attack, your body will heal three times faster than it usually would. When prepared as coffee, dandelion root helps disperse water retention, which can be an issue with heart and vascular blockages; swelling ankles are a standard indicator of water retention. The waterlogged situation will substantially improve as the blood begins to travel more freely about the body after repairing and purifying the vascular system with food and herbs. As noted in the nutrition section, Cayenne is an excellent supplement for any heart or circulation problems, and it, like garlic, should be taken regularly to thin cholesterol and regulate blood pressure. Both tinctures and capsules are available. It is just as crucial for the bloodstream to be clean as it is for iron-rich and plaque-free. The entire body will feel unwell and exhausted if the blood carries the infection, debris, and toxins (typically from a clogged intestine). Because of its high beta-sitosterol content, red clover is very effective at cleaning the bloodstream.

Sitosterol is weakly absorbed, yet it competes for absorption with cholesterol, lowering blood cholesterol. Red clover's other chemical ingredients help thin the blood, which allows for better, less hindered circulation. Blood cleansers include nettle leaf, licorice root, burdock root, dandelion root and leaf, plantain leaf, sarsaparilla root, prickly ash berry, yellow dock root, barberry root bark, and garlic, with burdock root having the added benefit of dealing with high cholesterol levels. Lime tree (*Tilia*) flowers can aid in the removal of plaque from the system while also calming the nerves and heart. Motherwort leaf is also worth mentioning as a beneficial heart plant, with its Latin name, *Leonurus cardiaca*, indicating its long history of use. A healthy bowel is necessary for healthy blood, and the liver should be cleansed as well.

HERBS FOR THE RESPIRATORY SYSTEM

Lobelia is an essential herb for relieving and relaxing overworked lungs. Lobelia, also known as the lung herb, reduces mucus congestion and relaxes and opens the lungs' tiny air sacs, making it simpler to replenish oxygen. An overdose, on the other hand, will cause you to vomit. Old rules have victimized this plant, and present governing regulations continue to limit its availability and dose, but it is a magnificent and beneficial herb when handled responsibly. Seek the guidance of a herbalist. Horehound leaf and flower, garlic, raw chiles, horseradish root, and mustard seed are helpful herbs.

HERBS FOR THE NERVOUS SYSTEM

Herbs that are specifically beneficial to the nervous system will tone and benefit the entire body. The nutritional therapy of the neurological system could help circulatory, pulmonary, digestive, glandular, reproductive, and skin disorders, which explains why nerve herbs are featured in so many other formulae. Herbs for the nervous system have a variety of effects depending on the sort of action required. For example, nerve stimulants, nerve foodies, and nerve tonics are used to treat depression but not nerve sedatives, whereas nerve sedatives, nerve relaxants, and nerve tonics are used to treat sleeplessness. Nerve stimulants may be appropriate in the short term, depending on any prescribed medicines being taken. When looking at the complete body and its response to stress, adaptogenic herbs that help us adapt to situations by supporting and encouraging homeostasis, which may also nourish the adrenal glands, are also significant. Valerian root, pau d'arco inner bark, cramp bark, nettle leaf, Irish moss, and wood betony leaf and flower, among others, are nutritionally rich in specific vitamins, minerals, trace elements, and other components that help feed and connect the body in a better way; examples include valerian root, pau d'arco inner bark, cramp bark, nettle leaf, Irish moss, and wood betony leaf and flower, all of which Choline is abundant in a plantain leaf and flaxseed. It plays a vital role in neurotransmitter pathways. St. John's wort flower is another herb that aids these pathways; as a stimulant and relaxant, it aids in the production of "happy chemistry" in the brain via creating serotonin. Siberian ginseng root aids neurotransmission in the brain, and unlike St. John's wort, which has some contraindications, this plant can be administered to anyone.

A thirty-day natural healing and cleansing program can be undertaken under the guidance of a qualified practitioner, hospital consultants, the patient's doctor, and a team of two or three assistants or caregivers when there is no time to waste, and conventional medicine has declared someone terminally ill. This routine's instructions will be pretty detailed, with numerous individual factors to consider. Herbs that support the body in general will be essential, and adaptogens, in particular, will be required. A tincture of Siberian ginseng root (one teaspoon three or four times daily) is suitable, as is Astragalus root. Adaptogens ensure that the body can cope with any incoming stress, allowing it to "adapt" rather than "crash" when asked to accomplish things. Adrenal function is critical, and people who have limited adrenal production due to low corticosteroid levels will be at a disadvantage. Strong adrenal function will assist a person's weight to stay steady rather than falling off as it typically does with cancer. Drinking three glasses of fenugreek seed tea each day can help you lose weight. Herbs used to treat cancer are known as neoplastic, which means they block or limit the creation of new cells or neoplasms. Garlic is a common and well-known neoplastic, and other examples include mistletoe berry, pokeweed root, burdock root, and red clover flower. Herbs that purify the bloodstream are essential for cancer and other chronic diseases because they help the body release poisons released by malignant growths. Cayenne is a blood nourisher and general stimulator that is essential for all chronic conditions. It's critical to utilize cayenne pepper that's quite hot. Burdock root, red clover flower, yellow dock root, cleavers leaf, and dandelion root are examples of herbs that have both liver-balancing and neoplastic properties. To strengthen and nourish the neurological system, different foods and herbs will be required. Immune-system boosters and lymphatic cleaners include echinacea root, grapefruit seed, olive leaf, barberry root bark, turmeric root, pokeweed root, mullein flowers, and lobelia leaf and seed, will be essential.

HERBAL REMEDIES & RECIPES - VOL. 1

INTRODUCTION

While you may be intrigued by the healing properties of plant-based medications and products, you may be hesitant to wade into these ethereal waters. You don't have to give up over-the-counter medications to embrace herbal remedies, though. Herbs are almost certainly already a part of your self-care or beauty regimen—you aren't aware of it. Many cosmetic creams and cleansers, shampoos and conditioners, and even cough drops have lengthy ingredient lists. Many of the compounds covered in this book are likely to be found as herbal extracts.

You don't have to identify with the goddess or Earth Mother titles that herbal therapy has been connected with in the past if you want to try alternative remedies. All that is required of you to read this book is a genuine desire to learn about solutions for preventing and healing discomforts and the side effects of living in a fast-paced modern world. Stress, headaches, and weariness are just two examples of ailments that herbal medicines can effectively address. You'll also find recipes for everyday Beauty and body care, mental health, personal "intimate" care that you can share with your special someone, household items, and more cures for emotional and physical well-being between the covers of this book. What person wouldn't desire that?

A section will explain what herbal medicine is, how effective it is in preventing and curing illnesses, the value of aromatherapy in mental and physical health, and how and why the herbal method works. Another is the point at which the real fun begins. You'll discover how to create your indoor garden in three easy steps, as well as what tools you'll need and which herbs to plant initially. This book, however, isn't just for people who have or wish to have a green thumb. The rest of the chapter walks you through the many preparations you can make, ranging from herbal teas to massage compresses to facial washes. What to buy to stock your herbal workshop is also covered in this chapter. Then there's the topic of herbs, which provides an accessible, must-know education on a select group of herbs.

Another section discusses five essential herbs to have on hand, followed by a list of 30 herbs to consider for your healing armory. You'll discover why they're so important, what makes them so powerful, how they're used, and how they can be grown.

The book's latter sections feature over 200 recipes for everyday health, skin, and home issues that most of us may face at some point in our lives.

This is the book for you if you're ready to take control of your health. You'll not only discover how to accelerate your metabolism to prevent sickness and illness, but you'll also learn about natural medicines that can help you heal faster, cure a variety of physical ailments, and enhance your overall health. Even better, herbal treatment doesn't have to be a one-size-fits-all approach, and it can be used to supplement any healing treatments you presently use to reduce your reliance on commercial products when herbs are working for you.

CHAPTER ONE

HERBAL MEDICINE AND YOU

A Contemporary Alternative If you're like most people, herbal medicine is on your mind, but not always in a positive manner. Perhaps you think of herbal medicine as something for off-grid survivalists, the Earth Mother hippie bunch, or New Age healing circles who loathe all things Western medicine. Even if it's not something quite so outlandish that makes you roll your eyes—perhaps Gwyneth Paltrow's support for herbal enemas?—there are lots of excellent reasons not to throw out the baby with the herbal bathwater.

Acne, dry skin, and brittle hair, as well as weariness, moderate depression, and stress, can all be prevented, alleviated, or treated with the use of herb-infused lotions, shampoos, teas, and other products. The good news is that you don't need to spend \$18 on an Anthropologie scented candle to get your lavender fix, nor do you need to burrow down in a luxury spa's eucalyptus steam room to get the aromatherapy advantages. You may have heard that herbal therapy is ineffective, not founded on science, or based on old ideas that are no longer applicable in today's world. The truth is, herbs (and foods) have been utilized to heal, rejuvenate, and protect humans from illness and injury for ages. Start by familiarizing yourself with the following words, which are thrown around like organic salad greens: Essential oils are nutrient-dense volatile oils derived from plant parts such as stems, leaves, flowers, and fruits that have a distinct healing scent. Antioxidants are chemicals found in plants, herbs, and food that protect cells from dangerous oxidizing agents. Antioxidants are essential for repairing or preventing cell damage, as well as lowering your risk of disease. Vitamins are compounds that your body obtains from food to accomplish functions that it would otherwise be unable to perform independently. Vitamins are necessary for proper growth and development as well as boosting the immune system. Essential oils, antioxidants, vitamins, and other healing compounds encourage our bodies to work correctly, improve our immune systems, and combat disease in general. Herbal medicines provide the vehicles via which these restorative chemicals can contact our bodies. Many of these chemicals are isolated and examined by scientists, re-engineered in labs, and made available in pharmaceutical prescriptions, as you're undoubtedly aware. You can get closer to the source of things by reading this book and experimenting with the recipes—the part of the equation that comes before prescriptions and re-engineering. You'll learn the truth about the most potently therapeutic herbs (without the brand pushes, commercial ties, or philosophical agendas), as well as why they work and how to incorporate them into a modern household, in these pages. You'll learn about the advantages, disadvantages, benefits, and suggested usage of various herbal remedies. It's likely that if you adopt a more holistic approach to health and Beauty, your doctor visits will become fewer and farther between.

WHAT IS HERBAL MEDICINE, AND HOW DOES IT WORK? Said, herbal medicine is the practice of using plants to prevent or treat sickness. Plant-based treatments were known to be employed by the oldest civilizations. Indeed, many of the same herbs that we use now for medical purposes were used by people between 3,000 and 4,000 years ago. What may appear to us as New Age has ancient historical foundations.

Throughout the ages, herbal medicine has been used to treat a variety of ailments –

Even if you don't know much about Ginko Biloba, chances are you've heard of it. Flavonoids, which are antioxidants found in this plant, are utilized to boost cognitive abilities. But did you know that scientists discovered pre-dinosaur specimens of Ginko Biloba (approximately 270 million years ago)? There are also recorded instances of ancient Egyptians utilizing garlic to prevent and treat illness, as well as to increase strength, and juniper oil to treat kidney and bladder disorders, according to Western herbalism. These discoveries date back to the year 1700 BCE. The Greeks developed a particular technique by 100 BCE that linked certain herbs to seasons and the elements of fire, air, earth, and water. A Greek surgeon named Pedanios Dioscorides cataloged over 600 plants and their medicinal benefits in 77 C.E. Later on, the Romans added to Greek theories and developed a categorizing system used in medicine today. The Roman emphasis on prevention rather than remedies is an illustration of this. Traditional Chinese Medicine (TCM) and Ayurveda are two early Eastern medicine traditions that use herbal therapies. Herbal medicine has long been practiced in South America, Africa, Australia, and the South Pacific. Tea tree oil, a potent antibacterial, was found by Australian aborigines, for example. Many medicinal herbs have been identified in the rain forests and mountains of South America.

OILS, ANTIOXIDANTS, VITAMINS, AND OTHER HEALING COMPONENTS ESSENTIAL OILS,

ANTIOXIDANTS, VITAMINS, AND OTHER HEALING COMPONENTS ENSURE THAT OUR BODY WORKS EFFECTIVELY

Herbs were also employed for cosmetic purposes in ancient civilizations. Egyptians reported the use of different herbs in 1500 BCE. They noticed that fenugreek erased wrinkles and that myrrh freshened the breath. Rose oils and waters were utilized by the ancient Greeks to wash and moisturize their skin. Treatments of this nature are still being used today. Do you want shinier hair or a scalp free of dandruff? A tonic made from nettles will do the work. There aren't any nettles? It's no problem. Parsley and rosemary can also be used. Do you want your skin to be more vibrant and youthful-looking? To improve dullness, boost circulation, and counteract dark circles, drink ginseng tea. To destroy surface microorganisms and increase blood flow, add a few drops of oregano oil to your moisturizer. Alternately, include sage into your daily routine. It controls oil production, making it the best acne fighter, and its relaxing properties help women going through menopause. "Sure, ancient civilizations used plants since that's all they had," you could think. Modern medicine is more precise and complex." Plant-based chemicals, on the other hand, are used in many current medications. Plants, expressed, are natural healers. That fact has remained constant from the dawn of time. It has only evolved over generations as new delivery systems and scientific instruments have been included.

Today's Herbal Medicine

Herbal medicine is now used by more than three-quarters of the world's population. In investigations, Western scholars have verified what generations have known for centuries: Plants can be cultivated and used at home to cure non-life-threatening diseases, injuries, and symptoms like bumps, bruises, headaches, fever, stress, depression, exhaustion, and more. It's logical. Consider the plants you eat regularly (yes, the ones you pick from your garden or the produce section of your favorite supermarket): parsley, cilantro, sage, thyme, garlic, basil, ginger, and mint. You may toss them in a garden salad for flavor, but the same herbs, spices, and, in some cases, vegetables serve a dual purpose once inside your body. They include antioxidants and nutrients that strengthen the immune system, allowing it to fight disease before it begins. This is referred described as "preventive" medicine in modern medical circles. So why wouldn't the same herbs work just as well for mending after you've become ill? St. John's Wort not only looks lovely in a vase, but it also helps to relieve tension. Chamomile is a soothing after-dinner tea that can treat stomach, muscle spasms, inflammation, and infections. It's like getting two (or more) for the price of one.

FOR HEAD, SHOULDERS, KNEES, AND TOES (AND NOSE): The Skinny on Essential Oils & Aromatherapy

Aromatherapy products are increasing in popularity, and you don't have to be a market researcher to notice. But hold on a second. Let us all take a deep breath and absorb the scents surrounding us to grasp the term's meaning.

Aromatherapy is the practice of using fragrant (aromatic) plant extracts, which are commonly found in plant essential oils, to improve physical, mental, and emotional well-being. You won't find an aisle of essential oil-based candles, incense, potpourri, soaps, lotions, or cleaners in any health food store, lifestyle store, clothing boutique, or home goods store. While you can burn a scented candle to make your living room smell nicer, an aromatherapy product is genuinely beneficial when used to heal or aid people actively rather than passively. Aromatherapy isn't just about inhaling essential oils for their brain-stimulating and mood-lifting properties, though that is a popular way. It also entails applying them topically so that their therapeutic molecules can work their magic in the bloodstream. This approach is so versatile (and excellent) because it's noninvasive, so it can be used alone or in conjunction with other alternative or mainstream cures or therapies, such as a booster shot.

Aromatherapy's Supercharged Fuel

What are essential oils, exactly? Essential oils are highly concentrated, nutrient-dense molecules that are ejected, squeezed, or extracted from plants. They are the super fuel of aromatherapy. Consider them a plant's immune system, protecting it from pollution, insects, and other toxins. In your body, essential oils operate in the same way. Aromatherapy, for example, uses scent or absorption to cure the mind, body, and spirit. Unlike medicines that conceal symptoms, essential oils target the fundamental causes of your condition, allowing you to address issues head-on rather than alleviate their adverse effects. Adaptogens are compounds that function in several ways to

balance your body's systems, battle stress, and beat weariness so you can avoid sickness and stay healthy, according to medical experts. Studies have shown adaptogens to help with everything from healing to infection suppression without the adverse effects or downtime that other medications have. Some essential oils can also be used as analgesics, which means they can help with pain relief. Painkillers such as clove, birch, peppermint, and thyme are particularly effective. Thyme essential oil, for example, has been found in trials to relieve menstruation pain better than ibuprofen and suppress COX-2. This enzyme causes chronic inflammation and pain when overproduced in the body.

Knowing the Difference Between the Good and the Bad

Regrettably, essential oils are not all made equal. And, as with other thriving businesses, there are those brands that don't live up to the expectations. Remember that no authorized authority monitors quality, validates components, or governs labeling wording for essential oils. On labels, you'll see claims like "pure" and "therapeutic grade," as well as "all-natural" and "organic." While marketing terms like these are worthless, there are ways to acquire the quality you require when preparing for DIY handcrafting. Look for labels that say "100% pure" oils, which are unadulterated and have the best medicinal compound ratio. Those that aren't labeled as 100 percent pure could be a combination of different oils to make the product more expensive to market. When you study the ingredients, it's like an "extra virgin olive oil" that turns out to be a blend of canola and olive oil. This is a crucial distinction to make. These healing remedies are successful because they have a comprehensive botanical profile that works both within the plant and afterward in your body to provide therapeutic benefits. When the advantages are tampered with or diluted, they may be reduced or lost entirely.

THE BENEFITS OF USING HERBAL MEDICINE

Taking care of your health is one of the most empowering experiences you can have. You may fully enjoy the benefits of herbal medicine with safe, do-it-yourself methods in your own home thanks to the strength of herbal medicine, combined with your knowledge of the best ways to utilize it and the science of current delivery systems. If you still need to be convinced, consider the following five persuasive reasons to try herbs for yourself: They're secure. Herbal medicine has used harmless herbs present in food, medicine, and beauty items for ages. There's no guesswork involved in determining whether they're hazardous. They aren't. (Toxic herbs aren't available for purchase.) If you get side effects from a herb that you weren't expecting, it's probably because you took too much of it. Any discomfort you may experience is just temporary, as the chemicals leave your system. If you're allergic to a plant, herb, or spice, you're probably allergic to its essential oils as well. They don't contain any chemicals. To be clear, herbal medicines are not entirely organic. However, most of the herbal treatments and essential oils in this book may be acquired organically. You can control the purity, quality, and care procedures if you cultivate them at home. They are inexpensive. Even with a copay, grown herbs are far less expensive than prescription medications. This benefit also applies to commercially available herbal products, which might be costly depending on the herb and where you get them (ahem, Whole Foods). For example, lavender essential oil helps you fall asleep for pennies per nap, significantly less expensive than equivalent over-the-counter or prescription alternatives. They're easily accessible. Even the most difficult-to-find herbs, essential oils, and seeds are now available for purchase thanks to the Internet and huge grocery store and health food chains. Even if you don't have access to a yard or a farm, your windowsill can be used to produce potted herbs for use in the kitchen. They're straightforward to work with. For successful DIY herbal medicine, you don't need to be a botanist, herbalist, scientist, or any other "ist." You don't even need a green thumb to do this. The majority of plants classified as "medicinal" are also classified as "weedy." Weeds are nearly impossible to eradicate by nature. They're tough, robust survivors. That's why they're simple to grow, survive in challenging environments and have a "never say die" constitution that works just as hard within your body. As you'll see as you read this book, there aren't many treatments or remedies that are more versatile than herbal medicine.

While you might take a prescription Ambien to help you sleep, you wouldn't rub it on a wound to speed up the healing process. You could also suck on a tablet to relieve throat pain, but it won't help with a back spasm. Plant-based chemicals, on the other hand, have the opposite effect. They're incredibly adaptable, and thanks to a range of delivery systems—tinctures, teas, lotions, shampoos, massage oils, candles, and more—they may be used to prevent or treat various ailments, especially when combined with other herbs. For example, a regular garlic bulb can be pickled and eaten to help with colds and flu, olive oil to treat ear infections, or mixed with a herb combination and oil to help with digestion.

Another great example is aloe vera. It can make anti-aging lotions, blend with herbs and oils to treat burns or apply to arthritic regions to relieve inflammation and discomfort. We'll cover the top herbs and their numerous uses in a variety of areas throughout this book, including the body (for cosmetic, wellness, and healing purposes); mental health (for stress, anxiety, and depression); nontoxic home care products (anything from candles to cleaners); and morning afters (to help you face those physically or emotionally challenging mornings following the morning after a move, a bar crawl, the loss of a pet, a Netflix marathon, and more).

HERBAL MEDICINE IS BECOMING MORE COMMON

Herbal medicine continues to prosper worldwide as researchers demonstrate that it is practical and safe as an alternative and supplemental treatment to pricey medicines and treatments. By 2017, analysts predict the global market for supplements and herbs to reach \$107 billion.

TO MAKE DIY HERBAL MEDICINE, YOU DO NOT NEED TO BE A BOTANIST, HERBALIST, SCIENTIST, OR ANY OTHER “IST.”

Herbalists aren't just gardeners, farmers, or botanists anymore. Herbalists can be found operating in a variety of settings throughout the world. Traditional Chinese medicine doctors, medical doctors, naturopaths, osteopaths, acupuncturists, chiropractors, pharmacists, compounding pharmacists, licensed dieticians, estheticians, and other professionals. You're no longer dependant on what's seasonal or local, thanks to current transportation and packaging techniques in your at-home healing practice. Herbs native to Thailand, Peru, India, or New Zealand can be purchased online, at your local health food store, or even cultivated on your windowsill.

CHAPTER TWO

THE HERBAL WORKSHOP

Now that you've learned about the advantages and simplicity of making herbal medicine at home, it's time to get your space stocked and ready for some fundamental preparations. While going all-in on DIY is appealing, it's neither realistic nor required. By starting basic, investing in the correct equipment, and using minimal products that are both adaptable and healthful, you may get a lot of bang for your money.

1. Decide on a container. Unless you're an experienced artisan who wants to make your own, go to a horticulture store and get something that matches your taste and décor. What are the must-haves? The pot should be at least 6 to 8 inches tall, with drainage at the bottom and a tray to keep water from hurting your window sill or furnishings.
2. Select the soil. The higher the quality of the soil, the better your garden will thrive. Look for quick-draining kinds that you can combine with your favorite secret fertilizer: sand, coffee grounds, lime peels—whatever you use to feed your indoor plants will also work here (except chemical sprays, of course).
3. Put your herbs in the ground. Start with three to four herbs (remember, you're not farming; you're preparing a tiny indoor garden), and choose the most versatile varieties, such as basil, mint, ginger, thyme, sage, garlic, or echinacea. While seeds are less expensive, they take two to three weeks to grow, whereas seedlings or full-fledged plants are ready much sooner.

Whether in your yard or on a countertop, starting with a bit of a garden is the quickest and easiest way to get started. This allows you to connect with the source of your healing and encourages you to treat your herbs with the same care you give your mind, body, and soul. If you already have a garden, things have just gotten a whole lot easier. It's simple to put medicinal herbs into plots or planters that you already have growing. The next step is to figure out what kinds of herbal preparations you enjoy, which can range from tinctures to teas and everything in between. This book will assist you in selecting the appropriate herbs for your needs and lifestyle, as well as the most acceptable methods for preparing them. Don't worry if you're not a professional cook or have a love-hate connection with your kitchen. Herbal cures don't necessitate any special skills or abilities; all you need is a sincere interest in your health and a little time. The good thing is that if you follow the easy instructions, you won't go wrong. This chapter will walk you through the tools and procedures you'll need to develop a one-of-a-kind "pharmacy." You'll be able to produce lotions, shampoos, teas, salves, tinctures, baths, syrups, household cleaning products, and more by the end of the course. Fear not, novices. This is as enjoyable as it is simple!

HERBAL PREPARATIONS

You'll be ready to start making preparations once you've grown or purchased the herbs that appeal to you. Each preparation serves a distinct purpose and addresses specific ailments and concerns, but they are not plant-specific, so you can mix and match your concoctions using various ways. Preparations are organized into two areas on the following pages: Preparations for Health and Wellness and Preparations for Cosmetic Care. Each part seeks to educate you on the herbal approach and covers application methods, kitchen equipment needed to make them, and storage containers to have on hand. A Know Your Skin guide precedes the section on cosmetic care preparations to assist you in figuring out which treatments will work best for your skin type.

HERBAL TEAS

It's a bit of a misnomer because herbal tea isn't strictly a tea. Tea, by definition, is a beverage created by steeping the cured leaves of the tea plant (*Camellia sinensis*) in hot water. It comes in various flavors, including oolong, black, white, yellow, and green. On the other hand, Herbal tea is a mix of herbs, spices, and whatever else you'd get from a plant steeped in boiling water. You can use roots, wood, flowers, peels, fruit, lemon pieces, or ginger—the list is endless. Despite its name, red tea, often known as rooibos, belongs to the herbal category. Herbal teas are created from various plants found in the garden, such as chamomile, mint, and echinacea. While most of the globe is adamant about only drinking "true" teas, the United States is enamored with herbal teas (due to their antioxidant content, therapeutic properties, and absence of caffeine). It doesn't seem to mind the misnomer. Keeping this in mind, this text refers to tea as a general phrase. After you've figured out the difference between herbal and non-herbal teas, you'll need to know that herbal teas are divided into two categories: infusions and decoctions.

Infusion: An infusion is a tea created by pouring boiling water over fragile plant parts such as fruits, leaves, dried flowers, berries, or buds, then steeping the liquid to extract the nutrients. Cooking the tea in a pot over heat destroys nutrients and enzymes; thus, this method is not recommended. Instead, to enhance extraction, gently let the steeping tea “free float” in a container. You can extract both the flavors and the nutrients from the herbs using this method. You can use both dried and fresh herbs in this recipe. Just make sure the dried herbs haven’t gone wrong, as this will reduce their healing ability and potency. Your infusion is ready to drink once the herbs have been squeezed out. Infusions can be made with ease using a French press. Tea infusions are used for flavor, medicinal purposes, or a combination of the two. They’re an excellent method to incorporate herbs into your daily routine.

Application method: Aromatic internal topical (poultice or compress)

Kitchen equipment: Pan, lidded jars, French press (optional)

Storage equipment: Lidded jars or tins (for extra herb blend); lidded jars or pitchers to store extra infusions.

Decoctions: They are high-powered herbal teas created from the heartiest portions of plants, such as fibrous stems, thick bark, seeds, nuts, or roots, whereas infusions are made from the most delicate parts of plants. Because these components are rougher and denser, gradual heat is required to extract their minerals and therapeutic ingredients. To put it another way, merely steeping these heartier, more challenging mixes in boiling water isn’t enough to release the healthy nutrients and deeper aromas they contain. To make a decoction, combine all of your herbs with cold water in a non-aluminum pot and slowly bring the mixture to a boil. (Aluminum should be avoided since it may produce a chemical reaction with certain herbs.) There is no established time limit for simmering or boiling. Wait until the water has been reduced to two-thirds of its original volume, resulting in a highly concentrated therapeutic drink. Before drinking the remaining decoction, strain off the herb mixture.

Application method: Aromatic internal topical (poultice or compress)

Kitchen equipment: Pan, strainer

Storage equipment: Lidded jars or tins (for extra herb blend); lidded jars or pitchers to store extra decoction

OILS

You’ve created a herbal oil if you’ve made salad dressing or chile oil for bread dipping. The only difference between this procedure and the one explained here is that you’ll heat the oil and utilize herbs that are specifically formulated to address specific health conditions. While there has been a recent surge in the popularity of herbal oils, such as rosemary for hair and scalp, and calendula for skin issues, they are not new. In reality, they’ve been used for millennia to provide plant-based nutrients to the skin. The sorts you’ll use in this book are identical to those found in a high-end spa treatment room or on department store shelves, with the exception that they’re significantly less expensive. Because it is high in beneficial fatty acids, olive oil is the preferred oil for herbal medicine. Because of its viscosity, it’s ideal for rubbing into skin and preparing salves. You might not like it for bath oils because of the subtle olive scent, but it does the job when it comes to feeding and hydrating your skin. Start with a carrier oil, regardless of which herbal medicines you make. Before applying highly concentrated essential oils to your skin, carrier oils are utilized to dilute them.

Application method: Aromatic, internal, topical

Kitchen equipment: Double boiler or a saucepan with a stainless steel bowl atop, stainless steel strainer, cheesecloth

Storage equipment: Glass jars, labels

SALVES AND BALMS

Ointments designed to cure, protect, or soothe the skin are known as salves and balms. As a foundation, they usually utilize a carrier oil, an essential oil, or an infused oil (carrier oil laced with therapeutic herbs), beeswax, or a combination of oils and waxes. Choose your components from here based on the problems you’re attempting to solve, such as rashes, acne, dry skin, chapped lips, bug bites, allergies, sunburn, and more. The majority of the herbs you’ll need are easy to come by and can be found in your backyard or on your windowsill, and they’re packed with skin-healing nutrients and essential oils. Alternatively, you can skip a step and start with infused oils, which will require less doctoring. For most herbalists, naturopaths, aromatherapists, and alternative medicine professionals, “salve” and “balm” are interchanged. Depending on your particular preference and application demands, both

preparations might vary in thickness and oil-to-wax ratio. They should, however, include no water or fats, as they are kept for the preparation of lotions and creams. Salves and balms are meant to be applied topically to the skin to provide healing ingredients to your body.

Application method: Aromatic, topical

Kitchen equipment: Double boiler or a saucepan with a stainless steel bowl atop, stainless steel strainer, cheesecloth.

Storage equipment: Glass jars or tins, labels.

TINCTURES AND LINIMENTS

A tincture is a concentrated liquid version of a herb that can be consumed or applied externally. Tinctures are prepared by soaking herbs in a solvent, a liquid that dissolves other liquids to generate a solution. The most common solvents used in tinctures are vodka and gin, while apple cider vinegar is becoming increasingly popular. The solvent works by removing the herb's vital components. After that, the mixture is filtered and placed in a dark bottle. For optimum extraction of herbal nutrients, essential oils, and other medicinal plant liquids, tinctures should be made using 80- to 100-proof alcohols. If you're making a tincture with non-juicy or dried plants, 80- to 90-proof alcohols will suffice. Many herbalists argue that if the concentration isn't made using alcohol, it's an extract rather than a tincture. A liniment is a tincture that is administered externally rather than internally. Other than drinks, there are no cures for oral intake in this book.

Application method: Internal, topical

Kitchen equipment: Knife, cutting board, alcohol, glass jar with lid

Storage equipment: Dark glass bottle with a dropper

BATHS

Baths work in the same way that herbal teas do for your body. Your preparation can either stimulate or relax the senses, depending on the herbs you use and your water temperature. Herbs like chamomile or rosemary, for example, are great for bedtime relaxation, while peppermint and green tea are great for a morning boost. Herbal baths have a lot of potential for healing. They enhance the mood, tone the skin, and encourage cell repair while increasing circulation, soothing sore muscles, lowering stress, preventing colds and flu, relieving inflammation, and boosting the mood. Their therapeutic restorative properties only limit herbal baths. You might be shocked to learn how beneficial bathing can be with only the herbs stowed in the crisper of your refrigerator. What effect do these herbs have in the bath? Bathwater opens pores in your skin, similar to steam in a facial, allowing the healing compounds you're bathing in to penetrate your body. Your herbal body tea will be more than enough to heal you. Dimming the lights and adding candles, on the other hand, can elevate the experience.

Application method: Aromatic, topical

Kitchen equipment: Cheesecloth or filter (a handkerchief or nylon stocking will also work)

Storage equipment: Jar with lid

POULTICES AND COMPRESSES

A poultice is a bandage made from fresh or dried plant parts that have been warmed and placed in a piece of cloth. To relieve pain, swelling, and soreness, poultices are applied to wounds and inflammation. A compress is a soaked piece of fabric that is dampened and applied to the affected area of the body. Depending on how it's utilized, it can be at any temperature. Compresses and poultices have been used as antiseptics and anti-inflammatories in various ways. Both approaches entail applying damp herbs to a physical problem region to absorb the herbal medicines by the skin tissue. They've been around from the beginning of time in China, Egypt, and Greece.

Poultices: Poultices are made up of moist herbs, clay, or other absorbent material applied directly to the skin or afflicted areas. You select the herb or herbal blend based on your specific disease, and the herbs or clay serve as an absorbent rather than a nutrient, so utilize what you have on hand. This heated paste-like solution is then applied to your wound and maintained warm with a heating pad or towel to reduce inflammation and, if necessary, draw out infection. Poultices are usually left until the clay dries out or the poultice cools down, reevaluating the illness. This is your go-to therapy for burns, bites, rashes, achy muscles, pimples or blemishes, tumors, cysts, swollen glands,

sprains, or other diseases where you need to pull out impurities promote circulation, or relieve inflammation.

Application method: Aromatic, topical

Kitchen equipment: Cotton fabrics (optional)

Storage equipment: n/a

Compresses: A compress is similar to a poultice in that it draws pollutants out of a problem region while boosting circulation. Unlike a poultice, though, this cure merely entails rubbing a hot or cold liquid onto your skin using a towel (rather than a paste made entirely of herbs). What role do herbs play in this? Instead of a standard water compress, you'll use herbal tea or essential oil diluted in water. When opposed to poultices, compresses are often easier to produce and prepare. This is especially true if you've already started boiling a pot of herbal tea. The only true disadvantage of these preparations is that they are both messy to make and use, limiting their portability and functionality. Use cold compresses for 45 to 60 minutes throughout the day to minimize swelling and inflammation. Bruises, swollen glands, sunburns, sprains, aches and pains, digestive troubles, skin concerns, respiratory problems, constipation, and even irritable bowel syndrome can all be treated with cold compresses. Hot compresses help pump blood to the surface of your skin, which aids in the removal of pollutants from your system. They can, for example, assist in the relief of congestion. To get some relief, simply place the medicated towel on your face.

Application method: Aromatic, topical

Kitchen equipment: Soft cotton fabric towels

Storage equipment: n/a

KNOW YOUR SKIN

To get started with home-based treatments that will leave your skin gleaming, match your skin type to the proper care. You wouldn't buy facial moisturizers or cleansers unless you knew what type of skin you have. The same can be said about herbal medication. Before you can use plant-based lotions and soaps to treat your body correctly, you must first determine which of the five skin types best describes your skin: Normal or Balanced, Oily, Dry, Combination, and Sensitive.

This information enables you to control the elements used in your recipes, as well as their ratios, for maximum efficacy. It's also the secret to having perfect skin. Check out this breakdown, and remember to reevaluate your skin's state every few months as seasons, hormones, weather, and stress levels affect it:

Balanced or Normal

Normal or balanced, skin is neither overly oily nor too dry, as the name implies. It has few to no flaws or blemishes, barely noticeable pores, little to no sensitivity, and a gorgeously radiant luminosity. Yes, this is the skin that people aspire to have. The only problems you might have are blackheads in the T zone (chin, nose, forehead) or upper back, as well as head-to-toe dehydration in the winter—nothing that can't be fixed by drinking water and applying moisturizer.

CARE: For both the face and the body, use gentle, water-based soaps, lotion-like cleansers, cleansing oils, oat-, nut-, or seed-based milk or clay mixtures. To lock in hydration, spritz a tea- or herbal vinegar-based toner over skin after cleansing—for example, rose, calendula, chamomile, rosemary, or lavender—and follow with a lightweight moisturizer.

Oily

You're probably oily if you have medium to large pores in your T zone, back, chest, neck, or shoulders. This type of skin becomes shiny again an hour after cleansing, and makeup fades quickly after application. While you may be prone to acne, the benefits of well-hydrated skin include the absence of fine lines and wrinkles.

CARE: Use a soft, moisturizing soap, gel, or cleanser twice a day. It should be made with water, milk, or clay, and finely ground nuts, seeds, and oats can be added to help with hydration. It may seem contradictory, but dry skin exacerbates oiliness because a lack of moisture causes the skin glands to compensate by producing a fatty secretion

(known as sebum), which results in oilier skin. To keep oil away, follow your soap or cleanser with moisturizing mist, mild herbal moisturizers, and twice-weekly scrubs or masks.

Dry

Dry skin has tiny pores, but it lacks the moisture required for a smooth, radiant shine. What are the signs that you're suffering from dry skin? Flakiness, red, sore spots, fine lines, wrinkles, and a tight feeling, particularly after cleansing, are signs of aging.

CARE: Swap out your face wash for creamy, moisturizing lotions or oil-based cleansers to avoid further dehydration. With a toner or splash formulated with herbal teas, you can soothe irritation while also increasing moisture. Some suitable possibilities are lemon balm, fennel, neroli, lavender, marshmallow root, or calendula. Hydrate your skin from head to toe with an ultra-rich moisturizer that heals, repairs, and nourishes.

Combination

Combination skin is named because it has different skin types, such as oily in the T zone and dry in the cheeks. This implies you're more likely to get flakiness in some areas and breakouts in others, and your skin is sensitive in general.

CARE: This personality type requires additional attention! Cleanse from head to toe using oil-controlling products (gentle, moisturizing cleansing lotions, oils, or lathers). Use a moderate herb-infused apple cider vinegar to tone your face (try rose, comfrey, lavender, or chamomile). The same herb blend can be used to make a post-shower tea-based body wash. Hydrate your skin by using a light or medium-weight moisturizer or a few drops of herbal tincture in your favorite lotions.

Sensitive

External factors such as weather, temperature, skincare products or components, diets, and more strongly impact sensitive skin. This skin type may be yours if you burn easily in the sun, get rashes or irritation when exposed to certain factors, or suffer redness when the air is too hot, cold, dry, or humid.

CARE: Except for washing tools, treat delicate skin like you would oily skin. Avoid abrasive brushes, thick or knobby towels, loofahs, sponges, or exfoliating tools on delicate skin.

FACIAL CLEANSERS

Solids like shea butter, cocoa butter, or beeswax are melted to make facial cleansers better suited to blend with essential or infused oils. Whether you desire a creamier, thicker, or stiffer consistency, the type of butter or wax you use is determined by your preferences. It's simply a matter of personal preference when it comes to thickness and texture. Your finished items can be kept in the bathroom with your other skin care for about 30 days. Remember, there are no preservatives in them! Keep your cleanser unopened in the refrigerator to extend its shelf life and keep it fresh for up to six months.

Skin type: All

Kitchen equipment: Double boiler or a saucepan with a stainless steel bowl atop

Storage equipment: Plastic or glass jars or bottles

TONERS AND ASTRINGENTS

A toner is a lotion or washes used to brighten and refresh sensitive, dry, or normal skin. They are typically used on the face to cleanse the skin and reduce the appearance of pores. Astringents are more potent toners, especially commercial types, frequently prepared with isopropyl alcohol or acetone (yes, the same stuff in nail polish), so you can imagine how drying and abrasive they are on the skin. Herbal astringents have the advantage of being soothing and mild while still being efficient.

Astringents and toners are used to remove any remaining cleansers, debris, or oil from the skin. They also tighten tissue, reduce edema, and ease inflammation while preparing skin for moisturizer and balancing pH levels. The alcohol-free witch hazel extract used in most astringents and toners in the recipes is a potent but simple component

for drawing impurities from the skin. While astringents and toners do not need to be cooled, cold usage shrinks tissues more effectively than room temperature, and it feels nice on a hot day. Store them in firmly closed glass bottles, spritzers, or jars to keep them fresh. Make sure you have cotton squares on hand to apply the solution in upward, outward strokes to the face and neck.

Skin type: Astringents: Combination, Normal, Oily; Toners: Dry, Normal, Sensitive

Kitchen equipment: n/a

Storage equipment: storage containers, bottles or jars with lids, or spray bottles

MASKS

A mask is a skin treatment used to detoxify, deep clean, and purify the skin from head to toe. One of the oldest beauty secrets is the use of masks (you can thank the ancient Egyptians for this one). While the clay was once the most common ingredient in masks, modern DIYers employ grains, fruit or vegetable mashes, aloe vera, and other ingredients to get beautiful, glowing, deep clean skin. The Beauty of this therapy is that you can tailor your mask to your specific skin's demands, which means it may do a lot more than sweep dirt and grime out of your pores. Today's "high-tech" all-natural preparation can ease irritation, rid your system of toxins, boost circulation, calm inflammation, tighten pores, replenish moisture, and brighten your appearance, depending on the herbs you blend. Not bad for something you can make in minutes with ingredients from your garden or crisper. Specific application and preparation instructions can be found in each recipe. Masks are, for the most part, simple and easy to construct. Combine the ingredients in a basin to make a paste before applying it to your face or other body parts. Then sit back and enjoy while the mask works its magic. Cleanse with your fingertips after that. The recipes are usually gentle enough to use once or twice a week, but you know your skin best, so make your own decision.

Skin type: All

Kitchen equipment: Bowls, whisk, spoon

Storage equipment: Most masks are intended for a single treatment, but dry ingredients can be stored in a plastic or glass jar, zip-seal plastic bag, or tin.

MOISTURIZERS

A moisturizer is a product that hydrates the cells in your body. It functions as a barrier between your skin and the harsh elements such as the weather, seasonal changes, pollution, filth, and more. These formulae can be prepared in various weights (from light to thick) and with oil or water bases, allowing you to tailor them to your specific needs. After cleaning, toning, or applying a scrub or mask, apply 12 to 1 teaspoon evenly over your entire face. You'll notice that some of the recipes in this book require melting solids like beeswax or cocoa butter in a double boiler over low heat, while others only require mixing ingredients in a bowl. What's the common thread that runs through all of the recipes? You'll notice incredible results in a short amount of time with minimal effort, probably no more than preparing a simple stovetop supper. These lovely treats have a one-month shelf life. Moisturizers don't need to be refrigerated, so they're ideal for storing alongside your other skincare items. The formulations can last up to six months in the fridge if kept in a properly sealed, unopened container.

Skin type: All

Kitchen equipment: Double boiler or a saucepan with a stainless steel bowl atop, small bowl, whisk

Storage equipment: Glass jar

SCRUBS

Scrubs are used to remove dead, dry skin cells from the skin's surface, leaving it softer, smoother, and more luminous. When used daily or weekly, you'll see a faster cell turnover rate, a smoother complexion, more even skin tone, and a brighter glow—all the benefits of a \$200 jar of premium skincare without the chemicals or the expensive

price tag. You're probably familiar with their coarse, gritty texture and harsh compounds if you're a commercial brand enthusiast. This book's recipes are softer and gentler, resulting in smoother, more nourishing results. In fact, unlike shop versions that are loaded with chemicals and preservatives, these mixes don't strip skin of its natural oils, so you may use this as your everyday face wash with confidence, especially if you wear little to no makeup. The trick to using scrubs is to let the product do the "scrubbing" rather than your hands. The skin on your face and neck is far too delicate to be rubbed in or exfoliated in the same manner that elbows, knees, and feet are. Instead, carefully slather it on, avoiding the delicate eye area, and let it do its thing. Before rinsing, leave it on for 15 to 20 minutes.

Skin type: All skin types except ones currently experiencing acne, broken veins, sensitivity, inflammation, irritation, sunburn, windburn, or rosacea

Kitchen equipment: Double boiler or a saucepan with a stainless steel bowl atop, bowl, whisk

Storage equipment: Plastic or glass jars, zip-seal plastic bags. Dry ingredients can be stored in those same containers as well as tins.

SHOPPING FOR INGREDIENTS

Now that you know what you need to prepare, it's time to go shopping! Most of the items you'll require can be obtained in your local home goods, hardware, or general merchandise store. Alternatively, they can be found online with just a few mouse clicks. Nothing on these pages is ostentatious, gourmet, or challenging to obtain.

Kitchen Essentials: Find these essentials, and you'll be well on your way to putting up a DIY herbal medicine workshop in no time: To perch on top glass jars with tight-fitting lids (such as Mason jars) and spray tops, use a double-meshed filter, stainless steel double boiler, or a medium saucepan and a somewhat larger stainless steel dish. 2-ounce dark glass container with a dropper for serum, 4 ounces, and 8-ounce dark glass bottle with dropper for toner (optional) salves and balms in tin canisters with lids small, medium, and large measuring cups and spoons funnels grater 4 ounce and 8-ounce glass bowls in small, medium, and large measuring cups and spoons (for beeswax and spices) a coffee grinder (or mini food processor in a pinch) that has been thoroughly cleaned or is explicitly purchased for your herbal mixtures with cheesecloth labels to mark a remedy and date

THE HERBS: Medicinal mushrooms, Chinese herbs, and greens Migraines, tiredness, and seasonal affective disorder are some of the conditions that can be treated with this supplement. As a supermodel and actress, Elle Macpherson is in a league of her own in many ways. But Elle's choices for being healthy and balanced are ones we can make as well: frequently exercising, eating a meat-free diet, and abstaining from alcohol and aspirin (here's the hardest one). Elle has stated that she has long been open to alternative medicines and homeopathic therapies for health and Beauty as an Australian. Her herbal regimen includes drinking mixtures of super greens, digestive enzymes, immune-boosting mushrooms, and Chinese herbs. Elle's herbal method appears to be equally appropriate for supermodels, supermoms, and superwomen of any age, to regulate stress, enhancing skin radiance, and developing immunity.

Important Ingredients

You'll be utilizing a combination of carrier oils, essential oils, and dry herbs, no matter how you slice it. Continue reading to learn everything you need to know about shopping for each.

Oils that act as a carrier

The primary purpose of carrier oils in your herbal medicine lab is to dilute or stretch essential oils. They are also known as "fixed" or "natural base" oils. They're created from seeds, nuts, and vegetables, and you've probably come into contact with one if you've ever had a professional massage (or more). You may have one or two in your pantry if you've ever made a salad or spaghetti at home. The following are the most frequent carrier oils used in herbal preparations: olive oil, aloe vera;

- jojoba oil
- grapeseed oil
- walnut oil
- avocado oil
- sesame oil

- walnut oil
- almond oil

Carrier oils are also great for aromatherapy blends, moisturizing cosmetic treatments, and treating specific skin issues like calluses, fungal infections, and even diaper rash. Because they're also high in nutrients, vitamins, fatty acids, and minerals, they nourish the skin in their unique ways while also delivering the therapeutic ingredients of the essential oils you mix with them. All oils should be kept in cold, dark places like pantries and cabinets, lasting six months to a year. Check the unique label on each product you buy to ensure that the carrier oil you're using is still fresh when you use it; if temperatures become too high during the summer, place carrier oils in the refrigerator to maintain safety and freshness. When cooled, many of them thicken or solidify like soft butter. Remove them from the fridge 12 hours before using to allow them to thin out and return to room temperature.

Note: If you're allergic to nuts, stay away from nut-based oils.

Essential Oils

Essential Oils are substances that have been extracted from plants.

Ingredient lists are vital for determining whether an essential oil lives up to its label's marketing claims regarding purity and quality, just as they are for food, skincare, medication, and other items. Look for the most trustworthy essential oil retailers. Keep this checklist handy before you buy: Become a price tag investigator. Look at the prices of the many oils that the vendor has in their product range if you're interested in a specific brand. Variations are because different extracts have varied production costs. If the costs don't differ, it's a sign that the producer is utilizing a substandard product or misrepresenting what's inside the bottle. Choose bottles that are dark in color. Instead of clear bottles, high-quality essential oils are packaged in green, violet, amber, blue, or violet bottles with orifice reducers, rather than droppers, frequently constructed with a rubber rim that can corrode oil. The dark colors help to shield light-sensitive components. Store essential oils in a cold, dark location.

Fresh and Dried Herbs

Knowing what to buy before you go shopping for fresh or dried herbs is the key. Herbs with a wide range of medicinal, aromatic, cleaning, nutritional, and flavorful applications are ideal. (Just as you wouldn't buy a spice cabinet full of expensive, hard-to-find brands to cook one unusual dish, you'll want your herbs to serve numerous functions as well.) Make sure you understand each herb's specific storage requirements and shelf life so you can use it at its freshest. Finally, buy organic to avoid chemicals used in herb cultivation ending up in or on your body. Herbs that have been freshly dried. It's simple to dry fresh herbs on your own before using them if you have access to a farm, backyard, or windowsill. When herbs are ready to be picked or purchased, they are "ripe" (i.e., buds should be newly opened or just formed). If you're picking herbs from the garden, make sure they're free of dirt, chemicals, and dampness and that they've been patted dry with a paper towel. In a well-ventilated, dimly lit space between 65 and 85 degrees Fahrenheit, put out a single layer of herbs. You can hang them in 10-stem bundles from the stems or set them on a countertop, metal or mesh screen, or netting. Drying might take anything from three days to three weeks. Note: If you're drying many herbs at once, separate and mark the paper towels so you can know which ones are which once they've dried (plus, you don't want their aromas to combine). Herbs should be stored in metal tins, closed glass jars, plastic containers, or zip-seal plastic bags once they have dried. To extend their shelf life, store them in an excellent, dry location away from moisture and sunshine.

THE FABULOUS FIVE: Herbs You Must Have

This section contains information on the herbs you'll want in your arsenal because they're potent healers with a wide range of applications. If you stock up on these five, you'll have a never-ending supply of healing alternatives in a wide range of preparations. Even better, you can utilize them before you need them because the superfoods in this chapter are equally effective at preventing and curing illnesses.

1. CHAMOMILE (German and Roman) MATRICARIA RECUTITA, CHAMAEMELUM NOBILE



This is the herb that can be described as a jack-of-all-trades. Chamomile is effective for a variety of conditions, including anxiety, upset stomach, and pain alleviation. This easy-to-grow plant is no longer exclusively for teas in terms of preparations. It can be found in skin tonics, healing creams, and other purposeful beauty treatments. What If I Told You: Chamomile was renowned as the “plant’s physician” in medieval times because it cured and revitalized the flowers and herbs surrounding it wherever it was planted. Gardeners use the herb today to keep nearby flowers, vegetables, and plants healthy and disease-free. Chamomile is being investigated and used in medical circles worldwide for a wide range of ailments, each one unique. It’s been used to cure wounds, relieve PMS, treat Crohn’s illness, and relieve childbirth pains, to name a few things. Keep this “plant’s physician” on hand in your home when you need a healing treatment.

Why It’s Important: There is no way that twenty-six countries can be wrong. Chamomile has been approved in over two dozen countries to treat various chronic and significant illnesses and ailments, including inflammation, infection, colic, muscle tension, and discomfort. Tannins, flavonoids, calcium, phosphorus, magnesium, salicylates, and bitter glycosides are among the active constituents, which include azulene, a known antifever and anti-inflammatory agent, as well as tannins, flavonoids, calcium, phosphorus, magnesium, salicylates, and bitter glycosides.

Herbal Strength

MEDICINAL: Treats or avoids inflammatory disorders such as arthritis, aches, and pain; calms, de-stresses, and facilitates sleep; treats eczema, acne, and psoriasis; and heals chest colds, chickenpox, diaper rash, and slow-healing wounds.

COSMETIC: Used to heal blemishes, wrinkles, and redness in facial teas, lotions, creams, and toners; hair brightener and lightener.

Methods of Application: As a cream, lotion, tincture, compress, or poultice, apply to the affected area. Diffuse use as a tea or a tonic. Bathe in it.

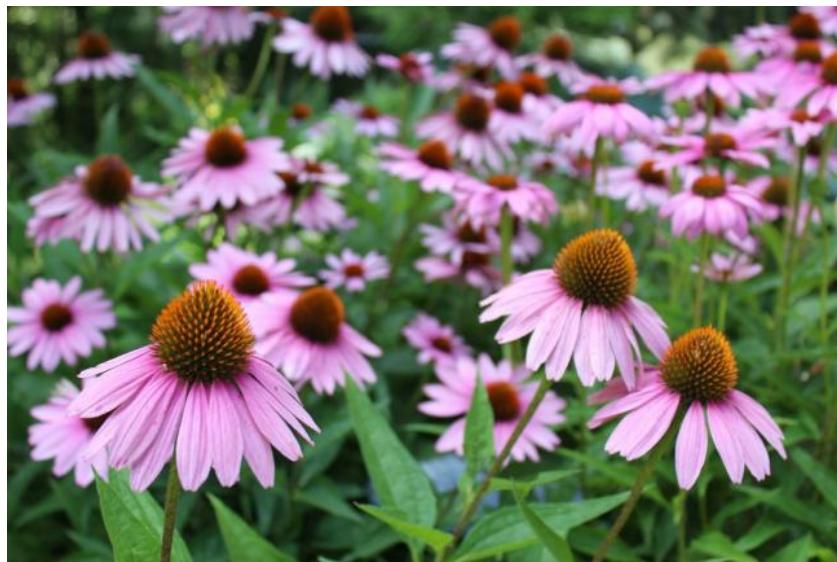
Precautions: Chamomile has a relaxing and soothing effect. Before driving, be aware of the consequences. If you’re expecting a child, don’t use it.

Other Names: Blue Chamomile, Wild Chamomile, Sweet Chamomile

Locating & Growing: Easy-to-source seeds Plant in early spring, full sunlight, and rich soil.

2. ECHINACEA

ECHINACEA PURPUREA



Grow this lifesaver ahead of cold and flu season, and you'll be prepared to face viruses, bacteria, and whatever else the winter weather has in store. This wonder herb is also great for treating skin conditions like psoriasis, eczema, and bug bites and achieving flawless, glowing skin. You can buy it as a whole herb, readymade pills, or essential oils, but because it's so easy to grow, you can make a tincture or tea yourself.

What If I Told You: Native Americans considered echinacea to be a one-stop shop for healing. Colds and flu were treated with it, as were snakebites, blood poisoning, and tooth infections. Early European travelers to the New World recognized the herb's healing properties and began using it to treat infections. Echinacea was once thought to be a "remedy for more ailments than any other plant" in the nineteenth century.

Why It's Important: Caffeic acid, beta-carotene, vitamin C, linoleic acid, polysaccharides, echinacoside, tannins, and sesquiterpenes are just a few of the great nutrients and components in this immune booster. If you ask a herbalist, they'll tell you that this is the single most potent immunity booster you can have in your plant arsenal.

Herbal Strength

MEDICINAL: Increases T cell production to boost immunity; repairs muscles and ligaments after injury; cures cuts, bruises, burns, and wounds; relieves muscle, throat, and head symptoms; has antifungal, antiviral, and antiseptic qualities.

COSMETIC: Hydrates the skin, reduces wrinkles and increases collagen production.

Methods of Application: As a cream, salve, lotion, splash, poultice, compress, or tincture, apply to the skin. Use as a tea. Bathe in it.

Precuations: Echinacea can cause allergic responses in certain people. If you have irritated eyes, ears, or throat, or if you have nasal congestion, stop using it.

Other Names: Black Sampson Root Kansas Snakeroot Purple Coneflower.

Locating & Growing: Echinacea grows just about anywhere under most conditions. It loves full sun, warm weather, and rich soil in a perfect world, but it's known to survive harsh situations, including drought.

ECHINACEA CAN BE TOO GOOD TO BE TRUE.

Although this herb is an immune booster, consuming large doses for more than two weeks is not advisable. Because it boosts your immune system, it can, over time, stress the very system it helps to strengthen in the short run. Before beginning an echinacea regimen, people with autoimmune illnesses should always contact a naturopath.

3. GARLIC

ALLIUM SATIVUM



Many chefs will tell you that if they could only have one kitchen ingredient, it would be garlic. Surprisingly, many herbalists agree on this. Garlic is not only transformative in most culinary preparations, but it is also transforming for your health. To ward off disease, infection, colds, and flu, use it in dishes all year and consume it raw or cooked. It's cheap, adaptable, and has little to no adverse effects, save from some minor breath difficulties. *What If I Told You:* It's unclear why, but ancient Greek and Roman brides are reported to have carried bouquets of garlic and other herbs instead of magnificent flower arrangements during their wedding ceremonies. Garlic was also a favorite of the ancient Egyptians. They also fed it to the slaves who built the Great Pyramid, believing it would give them superpowers.

Why It's Important: Vitamins A, B, and C, magnesium, potassium, phosphorus, sulfur, germanium, selenium, alliin (the powerhouse that turns to allicin when broken or mashed), and essential oils are just a few of the healthy elements packed into each clove. This combination of nutrients has a high success rate in treating heart disease, cancer, and infection, boosting immunity, preventing colds, and eliminating toxins from the blood. Isn't it worth a little foul breath?

Herbal Strength

MEDICINAL: It's antiseptic (internal and exterior) and bacteria-resistant; lowers cholesterol, blood sugar levels, treats type 2 diabetes, improves white blood cell count, and boosts immunity; treats all forms of cancer (rectal, stomach, prostate, breast, lung, colon), as well as headaches and stress.

COSMETICS: In a purifying, cleaning, and blemish-fighting face mask, some experts combine garlic with tea tree oil and egg whites.

Methods of Application: As a disinfectant, apply topically. Eat-in foods that are raw, pickled, or fermented.

Garlic can irritate the skin if applied topically. Heartburn and gastrointestinal problems can occur if you overeat.

Other Names: Ajo Stinking Rose.

Locating & Growing: Garlic thrives in full sunlight. Plant cloves point up in the autumn, so you'll get your herbs by late summer, or plant in the spring to see bounty by late fall.

4. PEPPERMINT MENTHE PIPERITA



You're probably thinking of peppermint gum, candy, or chocolate when you think of peppermint. This incredible plant, on the other hand, does more than satisfy a sweet tooth. This simple-to-grow plant is beneficial for calming an upset stomach and clearing sinus, nasal, and chest congestion throughout the cold and flu season. When applied externally, such as in a poultice, compress, or herbal bath, it relieves tight or fatigued post-workout muscles and reduces pain from moderate sprains and strains. It comes in several different forms, including seed, tea, and essential oil. **What Would You Do If I Told You:** This herb was used by the ancient Romans long before modern medicine. Peppermint was eaten to sharpen wits, inhaled to soothe rages, and royals carried it in their pockets for on-the-go mending and rejuvenation. It turns out that even the Romans were late to the game. Peppermint was historically utilized in Chinese medicine and was discovered in Egyptian tombs circa 1000 B.C.

Why It's Important: Consider this multitasking marvel a fantastic pick-me-up for your mind, emotions, moods, and soul. It's energetic, therapeutic, revitalizing, and mentally engaging all at the same time. According to experts, it improves memory, cognition, and productivity. Unlike a noon slug of coffee, peppermint is naturally energizing, so there's no aftertaste. What is it that makes it so unique? The herb is abundant in flavonoids, phenolic acid, triterpines, calcium, magnesium, potassium, menthol, and menthone.

Herbal Strength

MEDICINAL: Used to treat bee stings, headaches, toothaches, digestive problems, indigestion, burns, and bites; used as a brain stimulant and energizer.

COSMETIC: Apply to the skin, feet, mouth, and hair to chill, deodorize, disinfect, and energize them.

Methods of Application: Use as a salve, tincture, compress, or poultice to relieve pain. Use as a tea. In a bath, use as a spray in a room.

Precautions: There are no known side effects, and it is entirely harmless.

Other Names: Corn Mint Lamb Mint.

Locating & Growing: If you're looking at the USDA Plant Hardiness Zone Map, peppermint thrives in Zones 5 through 9. That said, it's wild at heart with survival instincts so that it can grow almost anywhere. Think full to partial sun and rich, moist soil if possible.

PEPPERMINT HAS NATURAL DEODORANT PROPERTIES.

To leave skin with a fresh aroma that lasts for hours, add a few drops of peppermint essential oil to your body splash or foot scrub. Alternatively, add a few drops to your room spray or household cleanser to disinfect and deodorize while stimulating your senses.

5. CALENDULA

CALENDULA OFFICINALIS



This calming alternative can be used for a variety of therapeutic purposes. It creates a delicious digestive tea, a fantastic first aid wash for wounds, a remarkable healing balm for irritated or wounded skin, a fabulously nourishing moisturizer, and a delectable all-natural soap. It's available commercially as a whole herb, infused oil, and tincture, but it's also relatively simple to grow. What If I Told You: Calendula can help you put your best foot forward at the dinner table. The magnificent yellow-orange color of these fantastic edible blossoms adds a gourmet touch to salads, soups, portions of pasta, stews, omelets, and more. Their lovely blossoms conceal one of their best qualities: their toughness. In moderate locations, these flowers can endure early frost and snow while blooming all year. Calendula doesn't require your green thumb so that DIYers may relax; it'll take care of itself!

Why Is It Important?

It's the go-to skin fixer for practically all difficulties, from dehydration to more severe concerns, thanks to a potent cocktail of active components that includes bitters, volatile oils, resins, flavonoids, saponins, carotenoids, and mucilage. Because of its low toxicity, it's also great for treating babies, making it a go-to diaper rash treatment. The herb is highly prized for its antiviral, anti-inflammatory, antibacterial, and antiseptic properties. If that isn't enough, use it as an aromatherapy treatment to keep your skin looking young, beautiful, and perfect.

Herbal Strength

MEDICINAL: Heals infections, bruises, sores, wounds, rashes, and other skin irritations and eruptions; lowers fever; treats ulcers, cramps, indigestion, and diarrhea; detoxes lymphatic systems and treats swollen glands, congests lungs, and energizes; supports the heart, liver, gall bladder, and uterus.

COSMETIC: Calms irritated skin, moisturizes aged skin, and tightens and firms sagging skin.

Methods of Application: Make a poultice or salve using it. Use as a tea. Use as a cleanser or in a face cream.

Precautions: There are no known side effects, and it is entirely harmless.

Other Names: Marigold Hollygold.

Locating & Growing: Plant in fall in your garden to bloom in early spring. Loves full sunshine, fertile soil, and occasional water but grows like a weed even if neglected.

CALENDULA WORKS TO ELIMINATE SCARS: Calendula is a natural antibacterial and anti-inflammatory, so it's no surprise that it aids in the prevention, treatment, and healing of acne. What about acne scars, though? Allow a few weeks for the redness and scars to fade as collagen synthesis is boosted by using a few drops of essential oil straight to the affected area (or in your skincare).

CHAPTER THREE

THE THIRTY WORTHY

Thirty Herbs for Overall

Health and Beauty Modern culture appears to be on a never-ending search for the “wonder pill” or “Fountain of Youth” that will turn back the clock or make us all ageless. The irony is that everything you already have in your backyard, on your windowsill, or at the farmers’ market can eliminate or treat the biggest secret for fighting the risks of disease and ailments—immunity destroyers like inflammation, stress, environmental pollutants, and more—are all eliminated or treated by everything you already have in your backyard, on your windowsill, or at the farmers’ market. The answer is herbs, as you already know. The profiles of the plants you’ll come back to time and time again to deal with all the side effects of living in a contemporary world may be found in this chapter. You’ll learn about their origins, what they’re excellent for, and why you need them in your life.

1. ALOE VERA

ALOE BARBADENSIS

Keeping an aloe vera plant in your home is a no-brainer, whether you’re ready to go full-on with medical herbs or not. It’s helpful to keep on hand for on-demand first aid for burns, sunburns, scrapes, or any other skin issue, in addition to being extremely easy to care for. Because it’s high in tannins, vitamins E and B, fiber, selenium, polysaccharides, silicon, and aloin, it’s as common in over-the-counter ointments as it is on a juice bar’s menu. Many herbalists carry a jar of store-bought aloe vera juice in their fridge to spike their daily cup of tea for more severe concerns like arthritis pain, gastrointestinal troubles, or inflammatory disorders. What If I Told You: Aloe vera is said to have been a secret weapon in Cleopatra’s skincare routine. Use the gel straight off the leaves as a makeup remover, hair conditioner, or cuticle softening. There are also brains behind all of its beauty-enhancing abilities. It has been found in studies to be helpful in the treatment of diabetes and asthma.

Herbal Strength

MEDICINAL: Treats first-, second-, and third-degree burns and wounds; cures scars; soothes sunburns; relieves eczema, skin ulcers, acne, rashes, stings, insect bites, and poison oak and ivy inflammation.

COSMETIC: Skin pH is balanced, and U.V. rays are blocked.

Methods of Application: Juices, teas, tinctures, and smoothies are all excellent options. Use as an ointment, a face cream, a lotion, a bath, or a splash. As a tonic, use

Precautions: When consumed internally, aloe vera can induce stomach cramps and discomfort. It has laxative properties as well.

Other Names: Chinese Aloe Indian Aloe True Aloe Barbados Aloe Burn Aloe First Aid Plant

Locating & Growing: Many herbalists consider this one of the easiest plants to grow and almost impossible to harm. It’s happy indoors or outdoors, sunlight or shade, rain or dry conditions. If you can manage to give it a touch of U.V. rays and a spritz of water now and then, it’s golden.

2. ARNICA

ARNICA MONTANA



If you plant arnica in your garden, you'll have it for at least two springs. The bright yellow, daisy-like look of this medicinal Beauty, as well as the spherical, hairy stems, will help you identify it. Although its active components are mainly used as analgesics and anti-inflammatory agents, some herbalists employ it as an antibiotic, especially for skin diseases. *What If I Told You:* German philosopher Goethe has smoked its leaves and drank its tea to treat chest discomfort, and it has been revered for its pain-relieving properties since the 1600s. Several studies have recently revealed that the herb helps reduce muscle soreness caused by strenuous activity. A 2003 study published in the journal *Homeopathy* found it more effective than a placebo in alleviating muscle soreness in marathon runners.

Herbal Power

MEDICINAL: Relieves muscular and joint pain and swelling; treats osteoarthritis, bruises, acne, sore throats, and bug bites; nourishes chapped lips; relieves stroke symptoms.

COSMETICS: Treats dandruff, nourishes hair, encourages hair development, and scents cosmetics and fragrances with a sweet scent.

Drink as a tea or tincture that has been heavily diluted. Use topical preparations such as gels, salves, ointments, oils, poultices, sprays, hair tonics, lip balms, and other topical preparations.

Precautions: In levels more significant than those found in food or cosmetics, arnica is typically considered poisonous. In reality, the amounts in homeopathic and herbal treatments are usually so diluted that they're deemed safe. If you have digestive problems, don't use it on damaged skin, before or after surgery (it improves circulation), or if you have broken skin. It's not safe to inhale or use as an aromatherapy treatment.

Other Names: Leopard's Bane Mountain Tobacco Wolf's Bane

Locating & Growing: Like many herbs, arnica is hardy and works well in nearly all temperate climates. A native of the mountainous European and Asian regions, you'll likely find arnica in northern areas of the United States and at higher altitudes. It's not unlikely to find it on your next hiking trip in the Rockies, as high as 8,000 feet, according to some reports.

3. BLACK COHOSH

ACTAEA RACEMOSA

Black cohosh will become your best buddy if you're suffering from painful or uncomfortable menopausal or PMS symptoms. Tannins, resins, fatty acids, 27-deoxyactein, isoflavones, triterpene glycosides, and formononetin are all active chemicals that mimic estrogen and have been clinically proved to relieve fever, cramps, bloating, mood swings, sadness, and more. *What If I Told You:* Black cohosh was utilized by North American Indians to cure gynecological issues, kidney difficulties, malaria, snake bites, coughs, and colds. Later, it was used as a diuretic, a home medicine, and to induce menstruation. Herbalists have generally concentrated their use on uterine, ovarian,

infertility, and childbirth problems in women, while it's also utilized in alternative therapies for neurological and pulmonary disorders.

Herbal Power

MEDICINAL: Treats menopause symptoms, such as hot flashes, insomnia, and related depression; suppresses appetite and stimulates metabolism.

COSMETIC: Treats acne.

Methods of Use: Make a tea with it. Make tinctures or extracts with it.

Black cohosh should not be used if you are breastfeeding, pregnant, have been diagnosed with breast cancer, or other hormone-sensitive disorders that could be exacerbated by the herb, which mimics estrogen in the body. Take a one-year pause if you're taking the herb internally. Stop taking it if you're having stomach problems, headaches, cramps, weight gain, spotting, or bleeding between menstrual periods.

Other Names: Baneberry Black Snakeroot Bugbane Phytoestrogen Rattlesnake Root Rattleweed Sheng Ma Snakeroot Squaw Root.

Locating & Growing: Black cohosh likes to be left in the dark, preferring or partial shade over sunlight. It thrives in moist, organic dirt and must experience a complete cycle of warm to cold to warm again before the seeds germinate. Ensure success by planting mature seeds in the fall, so it experiences the cycle and up your odds of growing during its first spring.

4. BURDOCK

ARCTIUM LAPPA



You've probably had burdock root if you've recently ordered Japanese takeout. It has anti-inflammatory, antioxidant, anticancer, antibacterial, and other healing properties in addition to its delicious taste. According to new research, it may even be prebiotic, which encourages the growth of beneficial bacteria in your intestines and keeps you healthy, even during cold and flu season. Gourmets and herbalists will tell you two things if you make it at home as a side dish: Leave the skin on because it's high in nutrients, and soak the roots for 15 to 20 minutes before broiling, boiling, or sautéing to get rid of the bitter, muddy flavors. Don't worry, and it's a lot tastier than it sounds. What If I Told You: Burdock had its 15 minutes of fame in the 1990s, thanks to the Velcro craze. After going on a hiking vacation with his dog and seeing burdock burrs trapped on his clothing and his best friend's fur, George de Mestral invented the fabric fastening device in 1948.

MEDICINAL: Treats psoriasis and eczema, as well as acne and rashes; helps the liver, heart, and related problems such as hypertension, poor digestion, heart disease, and gas.

COSMETIC: Relieves itchy, dry scalps.

Methods of Application: Apply as a poultice, compress, or tincture to the affected area. Use as a tea. Consume food.

Precautions: There have been no reports of toxicity levels. This is one of the safest herbs to produce and use, according to herbalists.

Other Names: Beggar's Buttons Burr Seed Cocklebur Fox's Clote Niu Bang Zi Personata Thorny Burr.

Locating & Growing: Burdock is one of those aggressive, impossible-to-destroy weeds that you've probably tried to destroy if you've got a garden. That is before you learned about its incredible healing potential. A true survivor, this herb grows on just about any soil from dry to rocky to moist, survives freezes and droughts, and doesn't have a preference for sunlight.

5. CAYENNE

CAPSICUM ANUUM



If you can't stand the heat, you should try increasing your tolerance. Cayenne pepper is a healthy superfood as well as a spicy flower. It serves as a natural anti-allergen, antifungal, anti-irritant, and anti-inflammatory thanks to its high content of vitamins A, B6, C, manganese, potassium, beta-carotene, capsaicin, carotenoids, flavonoids, and oils. This great little spice accomplishes the same thing in your body as it does in your mouth: it quickly heats things. What does this mean in terms of health? It promotes hair growth while also speeding up healing, circulation, metabolism, and immunity. It's like getting a dose of adrenaline directly into your body. *What If I Told You: Capsaicin*, the chemical that gives peppers their heat, has been extensively researched for its medicinal qualities. Scientists examined over 300 studies on its impact on metabolism and found that it helps people lose weight and control hunger.

MEDICINAL: Treats sore throats, muscle pains, back pain, migraines, and painful joints; combats colds; aids digestion and circulation; improves immunity; treats skin diseases such as psoriasis; cures ear infections; promotes weight loss by improving metabolism.

COSMETIC: Stimulates hair development, eliminates acne, wrinkles, and revitalizes weary, aged eye areas.

Methods of Application: Food to eat As a salve, massage oil, or tincture, apply to the skin.

Precautions: This hot herb should be handled with caution, especially if you have sensitive skin. To avoid getting it in your eyes, wear gloves and wash your hands thoroughly after usage. Also, keep in mind that excessive doses can cause gastric problems. With cayenne, less is more.

Other Names: African Pepper Bird Pepper Capsaicin Chili Red Pepper Tabasco Pepper.

Locating & Growing: As you'd expect, cayenne prefers things hot. It's a summertime herb that thrives in full sun, warm weather, and rich soil.

6. CLOVE

SYZYGIUM AROMATICUM



Clove is a nutrient-dense spice whose active component, eugenol, has been extensively researched. This miraculous flower bud, high in manganese, iron, magnesium, calcium, vitamin K, and fiber, is known for its anti-inflammatory, antiviral, antibacterial, and analgesic effects. Despite the lack of conclusive research, it is being used to enhance existing cancer care and treatments and other illnesses such as hepatitis, with promising outcomes. What If I Told You: Cloves have been an essential part of European and Asian trade since the eighth century. Indeed, conflicts have erupted over the spice. Today, Indonesia consumes half of all cloves consumed worldwide.

MEDICINAL: Treats cuts, wounds, burns, throat issues, earaches, nausea, diabetes, headaches, sore gums, bites, stings, and tooth decay; increases immunity, libido, and brain function; combats stress, fatigue, depression, anxiety, memory loss, insomnia, and premature ejaculation; and stimulates circulation.

COSMETICS: Helps with bad breath, acne, wrinkles, sagging skin, and dry skin.

Methods of Application: As an oil, an ointment, a poultice, a skincare cream, or a scent. Use as tea. Food to eat use in aromatherapy or soap making.

Precautions: Clove is deemed safe when consumed in proportions found in meals; however, no long-term studies have been conducted using the herb for medical purposes. Because it is unproven, medicinal amounts should be avoided by children, pregnant women, and lactating mothers. Clove's primary element, eugenol, reduces blood coagulation, so don't eat it after surgery or if you're on blood thinners.

Other Names: Clove Flower Clove Leaf Clove Oil Ding Xiang Eugenia Aromatica Oil of Clove.

Locating & Growing: Cloves are the flowering buds of perennial clove trees. They overgrow in wet, tropical areas or rich, red soil. Their ideal conditions are partial shade and rainfall. It takes 20 years for this plant to grow clove buds.

7. COMFREY

SYMPHYTUM



Allantoin, tannins, rosmarinic acid, saponins, calcium, potassium, magnesium, chromium, and vitamins A, B, and C are among the skin-healing chemicals found in comfrey. When applied to skincare, its leaves and stems are antioxidant, anti-inflammatory, antibacterial, and age-defying. What If I Told You: Ancient civilizations used this herb as a secret beauty component because of its skin-healing, anti-aging, and youth-promoting properties. It hydrates, stimulates skin cell turnover, brightens, protects against infection, inflammation, and redness, and nourishes the layers of the skin. Scrubs, masks, night creams, and blemish removers all contain this ingredient. It was famous in the Middle Ages for repairing fractured bones, but scientists have yet to show that this cure works.

Back pain, osteoarthritis, sprains, bruises, wounds, sore throat, joint discomfort, chest pain, and inflammation are all treated with Herbal Power MEDICINAL.

COSMETIC: Skin is renewed and rejuvenated, cell turnover is stimulated, wrinkles are reduced, and U.V. damage is reduced.

Methods of Application: As an ointment, an oil, a salve, a poultice, a compress, a face scrub, or an anti-aging cream, use as a concentrate.

Precautions: Because of the pyrrolizidine alkaloids in comfrey, which can cause lung disease, cancer, and liver damage, it is not suggested to ingest it by mouth. It's best applied topically on undamaged skin for no more than ten days. If you're pregnant or breastfeeding, stay away from it.

Other Names: Ass Ear Black Root Blackwort Gum Plant Healing Herb Knitback Slippery Root Wallwort.

Locating & Growing: You'll love comfrey in your garden because its vivid blue and purple flowers look fantastic, it's easy to grow, and it thrives under the shade of other trees and plants. The only downside is that if you ever want to get rid of it, good luck. Its roots are brittle, breakable, and sprout new plants readily and easily.

8. EUCALYPTUS

EUCALYPTUS GLOBULUS



Eucalyptus takes its name from eucalyptol, a potent active component that accounts for around 70% of the plant's constituents. Anti-inflammatory, analgesic, antiseptic, antiviral, decongestant, and disinfection activities are all present. Its woodsy oils are effective in harmonizing and invigorating the mind, body, and emotions and curing viral infections and respiratory disorders. Steam inhalation with the plant is also beneficial for emptying the lungs, opening nasal passages, and healing sinusitis. What If I Told You: Eucalyptus has been a favorite among healers for generations, with over 300 species and 700 variations. Aborigines used it to sterilize wounds, relieve pain, and lower fevers. The tree has also been used in Traditional Chinese Medicine for a long time. It's supposed to expedite recovery and shorten sickness when taken at the outset of colds, fever, flu, sinusitis, bronchitis, or other diseases.

Herbal Power

MEDICINAL: Infections, fever, osteoarthritis, joint pain, upset stomach, coughs, liver and gallbladder disorders, ulcers, burns, respiratory problems, asthma, wounds, ulcers, depression, insect repellent.

COSMETIC: Helps to clear up acne.

Methods of application include ointment, gel, salve, compress, oil, and splash.

Before applying eucalyptus topically on the skin, it should be diluted. If you have diabetes, you should know that eucalyptus has been demonstrated in tests to help lower blood sugar levels.

Other Names: Blue Gum Fever-Tree Gully Gum Red Gum Stringy Bark Tree.

Locating & Growing: Growing eucalyptus indoors is easy and quite common. It needs full sunlight and well-drained soil. Keep temps between 50 and 75 degrees Fahrenheit. If you're planting outdoors, heads up that this tree won't reach its full height potential unless you live in a warm climate.

9. GERANIUM

PELARGONIUM



Geranium is native to South Africa, but it has been used for ages to treat infections, colds, wounds, and other ailments worldwide. It's a solid astringent recognized for opening, cleansing, and reducing pores (a beauty must-have for youthful skin). Tonics, toners, skin creams, serums, and moisturizers all include it. Add it to a diffuser on your workplace desk or near your bath to lift your spirits and relieve tension. For its anti-inflammatory, antiseptic, and antibacterial characteristics, herbalists (along with millennia of anecdotal evidence from healers and doctors) think it's worth adding to your arsenal of medicines. What If I Told You: It was utilized by early North American settlers to treat stomach illnesses such as diarrhea, cramps, and gastric ulcers, as well as sexually transmitted infections (STDs) and lice. A well-known infection fighter, Geranium can be used in medicines for vaginal infections, menstrual flow, toothaches, and even more severe conditions like typhoid fever.

Herbal Power

MEDICINAL: Treats irritable bowel syndrome (IBS), canker sores, gum disease, vaginal discharge, hemorrhoids, wounds, and bleeding; regulates hormones, menstruation, and emotions; detoxifies the body.

COSMETIC: It has astringent properties.

Methods of Application: Use as a tincture or oil. Consume as a tea or in food aromatherapy uses toners, splashes, tonics, creams, and shampoos and is used as an astringent.

Spotted Geranium is generally believed to be harmless, with no recorded hazards or adverse effects.

Other Names: Cranesbill Spotted Cranesbill Wild Geranium Wood Geranium.

Locating & Growing: Geraniums are easy to grow and withstand various harsh conditions like drought or heat. Their perfect situation is full sunlight, warm temps, and a covered location, making it ideal for the indoor windowsill.

10. GINGER ZINGIBER OFFICINALE



Ginger rivals its culinary counterpart, garlic, in terms of use as an all-around cure-all and immunity booster (due to therapeutic ketones like gingerol). If you appreciate Thai, Indian, or Chinese cuisine, you've probably already experienced its medical benefits. You can get immense healing effects by introducing the herb into your culinary practice more frequently, like garlic. What If I Told You: Ginger's therapeutic powers make it one of the most wanted and cherished plants worldwide and during the rise and fall of many empires, no matter how you cut it (pickle it, crystallize it, or put it in a teabag). A pound of ginger was thought to be worth the price of one sheep in the thirteenth and fourteenth centuries. Despite its long history of use, no one knows where the plant came from.

Herbal Power

MEDICINAL: Relieves inflammation, swollen joints, broken cartilage, arthritis pain, muscle soreness, PMS symptoms, high cholesterol, colds, flu, poor circulation, nausea, congestion, sore throat, motion sickness, and chemotherapy side effects in men.

COSMETIC: Anti-aging; improves skin tone, soothes inflammation, smooths skin surface; adds warmth and a spicy scent to skincare products.

Methods of Application: Use as a tea. Incorporated into oils Foods to eat Poultices, compresses, masks, scrubs, body and face creams, and serums are all options.

Ginger is regarded to be safe and harmless.

Other Names: African Ginger Ginger Root Indian Ginger Jamaica Ginger Jiang Shen Jiang

Locating & Growing: Ginger thrives in conditions similar to its native Asia: hot, sunny, humid, moist soil. If you care for ginger indoors, it will likely go dormant during the winter months

11. GINSENG PANAX GINSENG



While ginseng has been used in Traditional Chinese Medicine for thousands of years, it has only lately gained popularity in the United States. It has been examined for a wide range of ailments and disorders from moderate to severe. The herb is a potent complement to an anti-aging beauty regimen and a vital force in improving immunity and treating stomach, cardiac, and nervous system ailments. If I Told You: Ginseng is an English word from a Chinese name that means “person” and “plant root.” The forked appearance of the root is reminiscent of a person’s legs. The botanical/genus name Panax, which shares the exact origin, means “all-heal” in Greek. According to the American Cancer Society, several research demonstrates a link between ginseng and lower cancer risk.

Herbal Power

MEDICINAL: Treats flu, colds, diabetes, depression, anxiety, heart problems, digestive issues, anemia, nerve pain, and fatigue; prevents artery hardening; stimulates metabolism; stabilizes blood sugar, mood, mental health, and insulin levels; lowers cholesterol; boosts immunity; heals erectile dysfunction.

COSMETICS: Stimulates cell turnover and hair growth, evens skin tone, smooths texture, tones, and cures dark circles and wrinkles beneath the eyes.

Eat-in foods as a method of application. Use in teas and powders.

Precautions: While it is considered safe and harmless, it can cause nausea, fatigue, dizziness, headaches, rapid heartbeat, and hypertension in certain persons. **Other Names:** American Ginseng Canadian Ginseng Panax Quinquefolia Red Berry Ren Shen Shang Shi Yang Seng

Locating & Growing: Got 5 to 10 years? That’s how long it takes ginseng to reach maturity before you harvest. Your best bet is to buy older roots—say three to four years old—and plant them in spring. They prefer shade beneath other tree canopies and moist, well-drained soils.

12. GOLDENSEAL
HYDRASTIS CANADENSIS



Goldenseal is a North American native that Native American cultures utilized to protect themselves against just about everything. Berberine and beta-hydrastine, the main active components, have potent antimicrobial and astringent properties and are powerful antibacterial, antiviral, and decongestants. The massive market demand for this miraculous herb has put its supply in jeopardy, so look for labels that read “organically cultivated” on any goldenseal products. What If I Told You: Perhaps you’ve heard about one of the goldenseal’s most well-known applications: producing a false negative when urine is tested for illegal narcotics like marijuana or cocaine. However, the University of Maryland Medical Center claims no hard evidence that the goldenseal is effective for this purpose. According to WebMD, the idea that goldenseal could influence the results originally appeared in a book, not a medical study.

Herbal Power

MEDICINAL: Treats skin infections, bronchitis, digestive difficulties, colds, flu cases, reproductive troubles, vaginal infections, eye infections, mouth infections, eczema, psoriasis, acne, wounds, ulcers; protects the liver; fights cancer; lowers cholesterol; and promotes immunity.

COSMETIC: Acne, irritation of the skin

Application Methods: Drink as a tea Apply as a tincture, salve, ointment, oil, poultice, compress.

Precautions: Herbalists recommend taking breaks when consuming the herb internally—three weeks on, one week off—to stop irritation in the mucous membranes.

Other Names: Chinese Goldenseal Eye Balm Eye Root Golden root Hydraste Indian Plant Indian Turmeric.

Locating & Growing: Consider goldenseal to be another high maintenance herb with particular needs to achieve optimal growth. Because it’s a native of forested areas in Canada and the eastern United States, it thrives in similar climates and conditions: three-quarters shade and beneath a large tree. Soil should be humus-rich. That said, even if you get its gardening demands correct, you still have a three-year wait for a harvest.

13. HOPS - HUMULUS



The female blossom of the hops plant is known as hops. If you've ever done a pub crawl, you're well aware of one of the hops' most important therapeutic properties: its sedative properties. The herb has since been proved to help induce weight reduction, alleviate menstruation symptoms, calming anxiety, and regulating moods over the years. Not simply when it's made and packaged in a can of beer. It's now utilized in a wide range of products, from teas to anti-aging treatments. *What If I Told You:* It's estimated that roughly three-quarters of hops production in pre-war periods was DIY at-home blends, thanks to their popularity in home brewing (vs. home healing). (There's no way of knowing how much was sipped from a mug vs. how much was turned into a medical tincture.)

Herbal Power

MEDICINAL: Treats anxiety, insomnia, ADHD, mood disorders (such as irritability, tension, and excitability), stomach cramps, intestinal problems, nerve pain, and indigestion; balances hormones; promotes sleep; and detoxes the liver.

COSMETIC: Relieves and hydrates overworked, dry, or irritated skin.

Methods of Application: Use as a cream, a lotion, or a toner. Use as a tea or a tonic. In a bath, use Make a tincture out of it.

Hops are regarded to be harmless and nontoxic. However, certain people should exercise caution when using them because they can exacerbate depression. If you've been diagnosed with breast cancer, stay away from them because they mimic estrogen. Hops can also interact with anesthesia, causing the patient's symptoms to be amplified. Hops are known to be toxic to dogs.

Other Names: *Humulus Lupulus Lupuli Strobulus Pi Jiu Hua*

Locating & Growing: You're in business if you've got rich, deep soil with southern exposure. Keep the plant well-watered and give it a place to climb.

14. HYSSOP

HYSSOPUS OFFICINALIS

Hyssop's star power in herbal medicine comes from its antibacterial, cough reliever, expectorant, and fragrant properties. Gourmet chefs adore it for giving soups, stews, salads, and sauces an extra dash of flavor. *What If I Told You:* Hippocrates, Galen, and Dioscorides were among the Greeks who favored this herb. The herb was widely used for several ailments, most notably as a decongestant, disinfectant, and sedative. Today, those who suffer from

muscle tension, neck ache, stress, or throat issues due to overworking their voices seek out its antiviral properties. Actors, public speakers, singers, politicians, teachers, and others could benefit from hyssop's performance. It produces a beautiful massage or bath oil when mixed with a carrier oil, or it may be mixed with nearly any oil for a nourishing, antibacterial facial treatment.

Herbal Power

MEDICINAL: Treats liver and gallbladder disorders, as well as intestinal cramps, colic, gas, asthma, sore throat, colds, flu, respiratory troubles, urinary tract infections, HIV/AIDS, menstrual cramps, burns, bruising, frostbite, and skin irritations.

COSMETICS: Infuses scents and cleansers with a camphor aroma.

Methods of Application: Foods to eat Soaps, cleansers, cosmetics, aromatherapy, oils, baths, and mouthwash all include it.

Precautions: With a few exceptions, hyssop is considered to be safe at modest dosages. If you're pregnant, stay away from this herb because it contains ketones, which can cause uterine cramping or even the start of menstruation. If you have a history of seizures, avoid this plant because it may hasten the start and intensify them.

Other Names: Herbe de Joseph Hiope Jufa Ysop

Locating & Growing: A perennial shrub in the mint family, hyssop likes it hot, hot, hot. Look for the herb in dry, rocky conditions in full sunlight. If you want this herb in your garden, start by propagating seeds indoors about eight weeks before your first frost. However it's just as easy to find them already grown in your local nursery or farmers' market or online.

HERBAL REMEDIES & RECIPES – VOL 2

INTRODUCTION

We discussed a few herbs and what they can be used for in our modern world in the previous volume. We'll continue with the rest of this volume. T Introduction Today, we are accustomed to eating ready-to-use things that we regard as practical and "convenient," when in the past - not so long ago, if you think about it - it was common practice to generate and process natural resources to use them. The human being who used to produce rather than consume was constantly in contact with nature and thus knew how to discern seasonal cycles, foresee natural disasters, and even distinguish the various hours of the day without using a watch. He also understood his own body and how to treat "diseases" naturally, primarily through herbs. Consuming ready-made products, of course, saves a lot of time, which can be spent on other things like learning, having fun, or traveling. But the most serious problem facing modern man is that he has lost touch with Nature and His True Nature and has ended up confining himself in little or enormous "golden prisons" where he has less and less time to pursue his passions and relax. In truth, there has been a "return to ancient customs" in terms of food and care in recent years, as it has been recognized that the widespread use of inorganic chemicals, consumerist pollution, everyday ingestion of dead food, and stress cause unhappiness, sickness, suffering, and even death. We are living in a fascinating historical period: on the one hand, we are enamoured with technology and want more of it; on the other hand, we yearn for a richer and more fulfilling life, and above all, we want to understand the causes of suffering and illness so that we can live happy and healthy lives. The answer could lie somewhere in the middle of technology and our ancestors' ancient knowledge, which teaches us to live in harmony with the planet - not by going to war with those who are oppressed, but by acting in a way that allows people to break free and join new initiatives (and not "old" initiatives disguised as "new"). Herbalism, which is linked to other sciences such as Botany and Biochemistry, is a science that is increasingly finding its way into our life. Not to mention Naturopathy, Osteopathy, Chiropractic, and the plethora of other sciences that are intertwined - even if they have been "disconnected." All of these sciences have given birth to modern medicine. However, healing must be holistic, which means that it must include the origin of the sickness (emotional/social problems/ trauma/exposure to dangerous radiation/ drunkenness / bad food, etc.) and treat the person holistically, i.e., on an emotional, mental, spiritual, and physical level. Otherwise, the treatment will be insufficient and possibly hazardous.

CHAPTER ONE

We will continue from where we stopped on the thirty must-have herbs in our volume one.

15. LAVENDER

LAVANDULA ANGUSTIFOLIA



Lavender isn't a one-trick pony. Its uses span from anti-ageing skincare to kitchen surface cleanser, and it is a highly effective and well-studied anti-inflammatory, anti-allergen, antibacterial, antispasmodic, and antiseptic. It's one of the few essential oils that herbalists recommend administering straight to the skin to cure cuts, scratches, wounds, and bruises without causing any negative side effects. What If I Told You: If you were a farm labourer in Roman times, a pound of lavender flowers would cost you nearly a month's earnings. When crushed and properly handled, lavender was burned; it released a soothing smoke, which the Greeks recognized early on. It was afterwards used for smoking, mummification, and perfume. After a lab explosion, René-Maurice Gattefossé, the French scientist who created aromatherapy, suffered horrible burns. In a last-ditch effort to cure, he put lavender essential oils on his burns, which accelerated healing and left his skin scar-free.

Herbal Power

MEDICINAL: Treats colds, flu, staph, strep, skin infections, nail infections, indigestion, muscle spasms, IBS, Crohn's disease, stress, fatigue, tension, depression, sadness, insomnia, and yeast infections; heals burns, wounds, cuts, and bruises.

COSMETIC: Erases wrinkles; banishes acne, psoriasis, eczema, and other skin conditions; triggers cell turnover, treats oiliness; tones, smooths, and evens skin.

Methods of Use: Use as a balm, salve, ointment, or compress. Use as a tea or a tonic. Baths, cleaning solutions, sachets, aromatherapy, soaps, powders, and candles are all applications.

Precaution: Lavender is generally regarded as safe and harmless; however, pregnant women should avoid taking high quantities internally.

Other Names: English Lavender French Lavender Garden Lavender Lavande Lavandula Spike Lavender True Lavender.

Locating & Growing: A perennial, lavender is a hardy plant able to grow just about anywhere. You've probably

seen it growing in meadows, near roadsides, and in lush, wooded areas. While its natural habitat makes it suitable for Zones 5 to 8, give this herb some sun, warmth, and moist, well-drained soil, and it's a happy camper.

16. LEMON BALM

MELISSA OFFICINALIS



Lemon balm has such a wonderful aroma that you'll almost forget it's a powerful anti-inflammatory, antiviral, antispasmodic, and antibacterial agent. It's a natural treatment for digestive problems, emotional disorders, viruses like herpes and shingles, grief, depression, and melancholy. While most people plant this lovely herb in their gardens for its aromatic perfume, they soon discover that it has transformational and uplifting benefits on their mood. According to a recent study, the herb's antioxidant and polyphenol profile boosts memory, clarity, and focus and may help fight Alzheimer's disease and cell oxidation. What If I Told You: During the Middle Ages, Greeks and Romans utilized lemon balm all over Europe for everything from mending sword wounds to correcting baldness to treating fainting. Given what scientists now know, doctors weren't too far off when they called it "an elixir of life."

Herbal Power

MEDICINE: Helps with colic, insomnia, stress, worry, anxiety, exhaustion, grief, sadness, SAD (Seasonal Affective Disorder), ADD, ADHD, stomach problems, mood swings, and muscular spasms.

COSMETICS: Treats acne and sunburn; protects against UV rays; boosts circulation and radiance; relaxes, soothes, fights inflammation; evens skin tone; enhances scent in perfumes, candles, and body products.

Methods of Application: Use as a tincture. Use as a tea or a tonic. Foods to eat use as a cleanser, in a bath, for aromatherapy, in a candle, or a soap.

Precautions: Except for persons with hypothyroidism or low thyroid function, lemon balm is deemed harmless. If you have thyroid problems, talk to your doctor before using this supplement.

Other Names: Cure-All, Dropsey Plant, Honey Plant, Sweet Balm, Sweet Mary

Locating & Growing: The key to growing lemon balm is to make sure you get a couple of plants started, and it will self-grow. Ideal for Zones 4 to 9, it prefers moist soil and full to partial sun.

17. LICORICE

GLYCRRHIZA GLABRA



The actual plant (rather than the candy) is naturally sweet—in fact, it's 50 times sweeter than sugar—and packed with therapeutic properties. Even more surprising, glycyrrhizic acid, the sweetening agent in liquorice, is one of the root's hidden weapons, with anti-inflammatory, antiviral, and anti-arthritic properties resembling hydrocortisone corticosteroids in the body. *What If I Told You:* While many of the advantages of liquorice are still considered folklore, the herb has been used extensively throughout Europe and Asia for centuries, and an injectable form of the plant was demonstrated to effectively combat hepatitis C in clinical research.

Herbal Power

MEDICINAL: Treats ulcers, stomach cramps, prostate cancer, eczema, sore throat, constipation, adrenal fatigue, laryngitis, and throat stress and infections; soothes inflammation, irritation, and pain; fights infections like shingles, herpes, colds, and bronchitis; treat ulcers, stomach cramps, prostate cancer, eczema, sore throat, constipation, adrenal fatigue, laryngitis, and

COSMETIC: Relieves rosacea, stimulates cell turnover, rejuvenates the skin, protects cell DNA, reduces outbreaks, and smooths the texture.

Methods of Application: Apply as an ointment, salve, or cream on the skin. Use as a tea or a tonic. Food to eat.

Precautions: Because of its ability to drain potassium while retaining sodium, the active ingredient glycyrrhizic acid can strain the kidneys and heart. If you have high blood pressure, water retention, or heart palpitations, consult your doctor before usage.

Other Names: Chinese Licorice Gan Zao Licorice Root Phytoestrogen Sweet Root

Locating & Growing: Herbalists say that liquorice falls into the category of “Mediterranean plant.” In other words, it likes full sun, high heat, and sandy to partially sandy soil. If you’re raising this herb indoors, know that if you take it from seed to harvest, you’ll need about three years before it’s medicinally ready to use.

18. MULLEIN
VERBASCUM THAPSUS



This amazing herb is an expectorant and antispasmodic, and it works wonders for lung health as a preventive and cure. While some experts have questioned its efficacy as an antibiotic, Clemson University researchers discovered that mullein could effectively combat germs such as *Staphylococcus aureus*, *Staphylococcus epidermidis*, *E. coli*, and pneumonia. What If I Told You: Another European plant that was once thought to ward off bad spirits; in medieval Jewish medicine, this herb was considered one of the 23 most potent cures. Its leaves are now used to light fires, and the smoke is inhaled to cure lung conditions like congestion, asthma, and cough.

Herbal Power

MEDICINAL: Treats cough, colds, chest colds, sore throats, allergies, and other bronchial and respiratory diseases; reduces discomfort; fights infections; cures skin conditions and ear infections.

DETOXIFICATION: Detoxifies the skin.

Methods of Application: Use a salve, a poultice, a compress, or massage oil. Use as a tea or a tonic. In a bath, use.

Precautions: It is known to be non-toxic and harmless. When used topically, the leaf's fine hairs can irritate certain people.

Other Names: American Mullein Beggar's Blanket Blanket Herb Candleflower Lungwort Torch Weed Velvet Plant Wild Ice Leaf Woolly Mullein

Locating & Growing: Mullein, a biennial, makes a great addition to any garden—it's attractive and lures in both birds and bees. While it thrives in Zones 3 to 8, it's pretty happy anywhere you plant it. If you're into nature walks or outdoor exploration, you've probably seen it growing in the wild in fields, by streams, in woods, or next to

highways. (It's easy to spot, given its skinny, stalk-like stem and seven-foot stature).

19. PASSIONFLOWER

PASSIFLORA



Meet Mother Nature's wonder flower, which has relaxing and sleep-inducing properties. In reality, the plant was originally FDA-approved as an over-the-counter medication for sleeplessness and drowsiness, but it was taken from the market in 1978 due to a lack of evidence about its safety and usefulness. If you want to get those effects right now, make a cup of passionflower tea and tuck some fresh herbs under your pillow. What If I Told You: Mother Nature's solution for psychological and brain concerns such as anxiety, mood, stress, and related diseases could be passionflower. According to a study published in the *Journal of Clinical Pharmacy and Therapeutics*, the plant extract proved successful at reducing anxiety without having the side effects that typical drugs have. Another study found that the herb was useful in lowering the stress that comes after surgery.

Herbal Power

MEDICINAL: Treats insomnia, fatigue, gastrointestinal issues, asthma, menopausal symptoms, irregular heartbeat, fibromyalgia, seizures, haemorrhoids, anxiety, stress, and nervousness; eases drug withdrawal.

COSMETIC: Skin, hair, and scalp.

Methods of Application: Use as a tincture, oil, or salve. Use as a tea.

Precautions: With a few exceptions, passionflower is generally deemed safe. If you're pregnant, stay away from this plant because it's been linked to uterine contractions. Two to three weeks before surgery should be avoided since it may intensify anaesthetic effects on the brain.

Other Names: Apricot Vine Maypop Purple Passion Flower Water Lemon Wild Passion Flower

Locating & Growing: Passionflower is pretty easygoing when it comes to planting and doesn't ask for much: some sunlight or partial shade, a warmish climate (though it's known to withstand Zone-5 winter temps), and moist soil.

20. RASPBERRY

RUBUS IDAEUS



Would you mind stepping aside? Chia, raspberry seeds, and leaves are among the newest superfoods on the market. It comes as no surprise. They have 83 per cent of essential fatty acids, vitamins E, B1, and B3, iron, calcium, magnesium, manganese, polyphenols, and UVA/UVB protection comparable to titanium oxide. Its potential to erase acne scars, prevent and treat outbreaks, decrease pores, smooth skin's surface, and even skin tone has piqued the interest of beauty lovers. There aren't any raspberry leaves? An equally delicious (and antioxidant-rich) substitute is blackberry leaf. What If I Told You... Raspberry has a long history of being used to help with pregnancy, labour, and delivery. It has been used to cure various diseases in many cultures, including high blood pressure, kidney issues, and infections. Its leaves, when applied topically, are a potent antiseptic and are used to hasten wound healing.

Herbal Power

MEDICINAL: Supports pain related to labour and delivery; eases morning sickness, muscle contractions, uterine cramping; relieves sore throats; treats diarrhoea; reduces fever.

COSMETIC: Fights acne, shrinks pores, smooths texture, evens skin tone; used as natural SPF in moisturizers, creams, oils.

Methods of Application: Use as a salve, an oil, a poultice, or a compress. Use as a tea or a tonic. Use as a body spray or a skincare product.

Precautions: Raspberry is regarded to be non-toxic and harmless.

Other Names: Framboise Rubi Idaei Folium Rubus

Locating & Growing: Raspberry bushes thrive in Zones 3 to 9 in areas with full sun, fertile, well-drained soil, and good air circulation. Don't plant near an area that grows or is used to grow tomatoes, potatoes, peppers, eggplants, bramble berries, or roses, leaving behind harmful diseases that can attack and destroy the fruit.

21. ROSEHIPS

ROSA CANINA

While this lovely red fruit is known for its vitamin C concentration, it contains vitamins A, D, E, vital fatty acids, and antioxidant-rich flavonoids, making it a multivitamin growing on a tree. To treat bladder infections, headaches, and other ailments, eat them right from the tree, or make a DIY skin cream for a firm, youthful glow. What If I Told You: Rosehips are used to flavour teas and jellies, beneficial to the immune system. They have 20 times the amount of vitamin C as oranges. While fresh rosehips are high in vitamin C, what about dried rosehips? Not at all. The act of

drying the plant depletes its C content significantly.

Herbal Power

MEDICINAL: Treats osteoarthritis, rheumatoid arthritis, menstrual cramps, fever, infections, and stomach problems such as diarrhoea, cramps, and irritation; lowers cholesterol; prevents and treats colds; promotes immunity

COSMETIC: Rehydrates, heals, and protects the skin; evens out skin tone, brightens, and enhances suppleness.

Methods of Application: Apply as a cream, oil, salve, cleanser for the face and body, or tincture. Make a tea with it or use it as a body wash, splash, or moisturizer.

Precautions: While rosehips are generally regarded safe, you should see your doctor before using them because they can affect blood coagulation, diabetes control, kidney stone risk, and iron absorption.

Other Names: Dog Rose Hipberry Persian Rose Pink Rose

Locating & Growing: Rosehips, the seed pods of the rose plant, prefer light, sandy soil, and loads of sunlight. To DIY like a pro, start with cuttings or seedlings and make some room for them to grow. Plants can top five feet when grown in conditions they love.

22.ROSEMARY

ROSMARINUS



Rosemary is no longer simply for flavouring lamb. Carnosic acid, an important element in this highly studied herb, has been demonstrated in scientific investigations to have serious protective benefits in the brain. According to a recent study published in the Journal of Neurochemistry, it protects brain cells from free radicals and could be used to treat neurodegenerative illnesses like Parkinson's, Alzheimer's, and stroke. Researchers hope that further research will show the herb to be a powerful anti-ageing medication because of its potential to prevent disease, delay ageing, and strengthen the nervous system. What If I Told You... Rosemary is a versatile culinary and medicinal herb with a long and distinguished history. It's been used for everything from gas relief and toothaches to baldness and memory loss, and it's a member of the mint family (along with basil, oregano, and lavender). Doctors burned rosemary in their sickrooms in the sixteenth century to sanitize the area and kill infections.

Herbal Power

MEDICINAL: Stimulates brain activity; improves memory; relieves headaches, migraines, depression, inflammation, digestive problems

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Herbal Power

MEDICINAL: Stimulates brain activity; improves memory; relieves headaches, migraines, depression, inflammation, digestive problems, and poor circulation; supports cardiovascular concerns such as low blood pressure; treats joint pain and inflammation; improves mood; prevents disease.

COSMETICS: Hair and skin are nourished with bath oils and hair tonics.

Methods of Application: As a tincture, salve, ointment, poultice, compress, or essential oil, apply to the affected area. Use as a cleaning product or drink as a tea.

Precautions: It's completely safe to use, and there have been no reports of toxicity in its long history of medical and culinary usage.

Other Names: Compass Plant Old Man Polar Plant Romero

Locating & Growing: Rosemary is a plant that requires a lot of attention. When it comes to water, there is no such thing as too much or too little. When it comes to temperatures, it's best to avoid being too hot or too cold. It won't withstand a freeze. Keeping the herb indoors in a brightly sunny place with consistent temperatures and soil moisture management is frequently the safest option.

23. SAGE

SALVIA OFFICINALIS



While there are many different varieties of sage, *Salvia officinalis* is the most effective for your herbal medicine cabinet. There are many different varieties of sage within the same family, each with its virtues and uses. Because of its antibacterial components, this sage—also known as “common sage”—is commonly used in aromatherapy and healing wounds, infections, and cleaning solutions. What If I Told You: Sage has been used in cooking for over two thousand years. Royalty in ancient Greece and Rome drank many cups of sage tea, thinking it to be a fountain of youth. The herb was employed as a meat preservative and a memory enhancer at the same time. It was later utilized for various ailments, including snake bites, PMS, and intestinal worms. In reality, sage was utilized to combat the sickness during the Black Death. It appears that these ancient civilizations were correct. Since then, research has demonstrated that the herb can boost memory and combat Alzheimer’s disease.

Herbal Power

MEDICINAL: Menstrual cramps, asthma, diarrhoea, bloating, heartburn, depression, memory loss, gas, excessive sweating, cold sores, gum disease, memory loss, menopause symptoms, Alzheimer’s disease

COSMETICS: Refreshes the scalp, conceals grey hair, strengthens and shines the hair, and deodorizes the teeth and body.

Methods of Application: As a poultice, ointment, tonic, or tincture, apply to the affected area. Use as a tea or a tonic. Food to eat. Use as a mist.

Precautions: The active chemical in sage, thujone, is the same as in absinthe; therefore, too much can be toxic. Take no more than 15 grams of leaves per dose, according to experts. Nursing women should also avoid the herb because it can reduce the advantages of breast milk.

Other Names: Garden Sage Meadow Sage Scarlet Sage Spanish Sage True Sage

Locating & Growing: This beautiful herb thrives in full sun and well-drained soils (no wet dirt for this guy). It grows best in Zones 4 to 8, blooms in June, and can handle drought conditions and rocky soil.

24. SELF-HEAL

PRUNELLA



Self-heal is a popular cosmetics ingredient due to its high vitamin C, vitamin K, thiamine, and tannin content? It also has astringent, antibacterial, and anti-inflammatory properties. It also has the following among gourmets: Self-heal leaves and stems (fresh or dried) can be used in your next farm-to-table salad or gourmet soup as a secret ingredient. Its beautiful purple blossoms brighten up any bowl of greens, and your guests won't even realize their first course is super-healing. What If I Told You... The moniker "self-heal" stems from the fact that this super plant was once considered a panacea. Its constituent profile includes cancer preventatives, STD (sexually transmitted disease) therapies, and antioxidants proven to prevent and treat heart disease and promote immunity. It's used to improve mood, increase energy, balance hormones, and psychologically awaken self-confidence and life force. It's one of the few plant essences developed into a skin lotion that promotes self-care and self-sufficiency.

Herbal Power

MEDICINAL: Crohn's disease, diarrhoea, colic, gastroenteritis, throat problems, sore throat, fever, headache, liver disease, muscle spasms, STDs, and vaginal disorders are all treated with this medicine.

COSMETIC: Helps to reduce inflammation and irritation while also tightening pores.

Methods of Application: Use as a spray, salve, ointment, or oil. Make a soap, mouthwash, or eyewash with it.

Precautions: While there has been no recorded toxicity, herbalists advise against self-healing if pregnant or breastfeeding.

Other Names: All-Heal Blue Curls Brownwort Carpenter's Herb Heal-All Hock-Heal Sicklewort Woundwort Xia Ku Cao

Locating & Growing: Self-heal, like many other herbs with weed-like characteristics, can grow just about everywhere, but it flourishes in woods, meadows, and forests. Its sweet spot is partial sun and warm temps. This herb spreads like wildfire if you're in a wet environment.

25. SLIPPERY

ELM ULMUS RUBRA



Slippery elms and other elm trees were wiped out by Dutch elm disease and are now considered endangered. This is partly due to their low numbers and slow-growing nature, making their population slow to replenish. You can find small and full-grown trees available in some nurseries and online as their bark is still in demand. Many herbalists substitute marshmallows in recipes whenever allowed or readily available. A healthy tree can top 60 feet tall. What's coveted for medicinal use is the inner bark on the branches. Did You Know? Slippery elm is famous for its "mucilaginous" consistency, meaning the thick, gooey texture inherent in some plants. This viscosity, combined with its natural anti-inflammatory, anti-irritant characteristics, makes it a soothing, nourishing ingredient in modern skincare lines. Back in the day, Native Americans used to soak slippery elm bark, cover wounds, and allow it to dry over the injured area as the bark imparted its healing compounds into the skin.

Herbal Power

MEDICINAL: Treats coughs, sore throats, and laryngitis; relieves digestive and GI (gastrointestinal) issues such as constipation, diarrhoea, IBS (irritable bowel syndrome), ulcers, and haemorrhoids; cures burns, cold sores, boils, ulcers, abscesses, and wounds; and relieves tooth pain.

COSMETIC: Rejuvenates ageing skin, reduces wrinkles, and reverses sun damage.

Methods of Use: Apply as a compress or a poultice as a tea or an infusion.

Precautions: If you're breastfeeding or pregnant, avoid taking slippery elm. It has been linked to miscarriages and even abortions. Slick elm can trigger allergic reactions in certain people. If your skin becomes inflamed, stop using it or reduce the dose.

Other Names: Indian Elm Moose Elm Orme Red Elm Sweet Elm

Locating & Growing: River beds, stream banks, low plains, mountain bottoms, and canyons are all good sites to look for slippery elm. It thrives in conditions where the soil is moist, and the tree receives some sunlight.

26. ST. JOHN'S WORT

HYPERICUM PERFORATUM



If you've ever taken a road trip across the United States or Canada, you've most likely encountered this herb growing wild along the side of the road. The antifungal, antiviral, anticancer, and antibacterial activities of this herb have prompted much research. Studies have proven to suppress the AIDS virus, herpes virus, cancer proliferation, and other diseases. Its stunning buds are most well-known for their impact on feel-good neurotransmitters like serotonin, noradrenaline, and dopamine, making it a potent antidepressant. (It takes three weeks of constant use to notice a difference in your mood.) What If I Told You... Hippocrates was a major lover of St. John's wort, and he kept track of how he used it in his medical journals. It's originally from Europe, but it's now found almost everywhere. Australia produces 20% of the global supply, as it is now grown as an exportable crop.

Herbal Power

MEDICINAL: Treats depression, stress, anxiety, shingles, herpes, sprains, wounds, burns, stings, and other injuries; relieves PMS and menopause symptoms; combats fatigue, loss of appetite, insomnia, muscle pain, seasonal affective disorder (SAD), obsessive-compulsive disorder (OCD), attention deficit-hyperactivity disorder (ADHD), mood swings, migraines, nerve pain, and irritable bowel

COSMETIC: Helps to reduce stretch marks and to bruise.

Methods of Use: Use as a salve, ointment, poultice, tincture, or oil. Use as a tea.

Precautions: If you're pregnant or taking antidepressants, you should consult a doctor before taking St. John's wort. When consuming this plant, some people become light-sensitive. Stop using it or reduce the dosage if this happens (skin gets itchy, bumpy, red, or irritated).

Other Names: Amber Demon Chaser Goatweed Hardhay Hypereikon Klamath Weed Millepertuis Tipton Weed

Locating & Growing: St. John's wort doesn't mind if you water it, neglect it, shade it, or overexpose it to the sun. It spreads like weeds. Although it prefers a sunny meadow in Zones 3 to 9, it readily sprouts and self-sows in almost any location.

27. THYME

THYMUS VULGARIS



This sweet-smelling, blossoming beauty is jam-packed with naturally therapeutic ingredients like thymol, cineole, borneol, flavonoids, and tannins. This herb should be kept in your medicine cabinet to help with everything from cold and flu symptoms to hair loss and bad breath. While you might not think of this herb as a skincare staple, its antiseptic, antibacterial, and astringent properties make it ideal for treating stubborn acne, preventing blemishes, tightening and toning the skin, and deodorizing head to toe. Not bad for something you'd generally save for Provence herbs. What If I Told You... If thyme could talk, it would tell you how the Egyptians used it to mummify the dead and how the Greeks offered it to their warriors to boost their courage. Surgeons historically used thyme to treat wounds because it is antibacterial.

Herbal Power

MEDICINAL: Treats bronchitis, sore throat, and whooping cough; calms the unsettled stomach, stomach cramps, gas, and diarrhoea; destroys parasites; increases appetite; prevents tooth decay.

COSMETICS: Blends containing rosemary and cedarwood promote hair development while also treating acne and foot odour.

Methods of Application: As a salve, ointment, poultice, tincture, scrub, or oil, apply as needed. Consume tea or in food. Use it as a cleaning agent.

Precautions: None. This flower-meets-spice blend is non-toxic and safe.

Other Names: Common Thyme French Thyme Garden Thyme Red Thyme Oil Rubbed Thyme Spanish Thyme

Locating & Growing: Plant these seeds in spring (or anytime on your sill) in a sunny spot that's got moist alkaline

soil. Trim it often, and it will love you.

28. VALERIAN

VALERIANA OFFICINALIS



Calcium, magnesium, vitamin B, caffeic, isovalerenic, and valerenic acids, essential oils, sesquiterpenes, and glycosides abound in Valerian. It's commonly called "brain food" since it has a special affinity for treating and supporting the nervous system. What If I Told You... When the first European colonists arrived in America, they brought Valerian with them and all their things. Packing this herb as a cure-all was a no-brainer because it's a natural stress and pain reliever that's also easy to grow.

Herbal Power

MEDICINAL: Insomnia, stress, anxiety, headaches, nerve pain, depression, and nervous system difficulties are treated; central nervous system activity is suppressed; colon, uterus, and bronchial passageways are relaxed; muscle and back tension are relieved; high blood pressure and irregular heartbeats are managed.

COSMETIC: n/a.

Methods of Use: Use as a tincture, oil, poultice, or salve. Use as a tea.

Precautions: Valerian is safe to take for a short period (no studies have been done on the herb longer than one month). Insomnia, headaches, anxiety, and a morning sluggishness or "hangover" are all possible side effects for some people. It's impossible to overdose on it, but if your muscles or limbs begin to feel heavy or sluggish, reduce the dosage.

Other Names: Common Valerian Garden Heliotrope Indian Valerian Mexican Valerian Pacific Valerian Tagar.

Locating & Growing: This perennial loves moist, rich soil and partial shade. Another self-sower, once you plant Valerian, you'll likely find it in abundance everywhere in your garden.

29. WITCH HAZEL

HAMAMELIS VIRGINIANA



This wild shrub's anti-itch and anti-inflammatory properties are popular among outdoor enthusiasts. It's a must-have for healing sunburn, bug bites, and bruises, and it's a must-have for backpacks and camping gear. In the world of cosmetics, witch hazel is equally as popular. Its astringent and eye-brightening characteristics make it a great addition to anti-ageing skincare and nourishing spa treatments. Add it on a cotton ball and use it to combat acne, diminish fine lines and wrinkles, shrink pores, and remove makeup daily. What If I Told You: Many people mistake these shrubs for trees because they may reach a height of 30 feet and a width of 15 feet when fully grown. Because its branches were utilized to discover underground water and mineral sources, the shrub was sometimes known as a "water witch." People who need a visual mental boost or an aromatherapeutic pick-me-up during the long winter months typically grow them because they flower in the winter.

Herbal Power

MEDICINAL: Relieves itching, swelling, irritation, and pain associated with skin conditions, including haemorrhoids; treats diarrhoea, colds, fever, varicose veins, and bruises; treats damaged gums, swimmer's ear, and sore throats; soothes diaper rash, stings, and bites; relieves cramping and discomfort associated with menstruation.

COSMETIC: Treats eczema, soothes skin after shaving, reduces under-eye bags and dark circles, acts as an astringent, and helps with varicose veins.

Methods of Application: Apply as a salve, ointment, or poultice to the affected area. Use as a tonic or a splash.

Precautions: If your skin is sunburned, dry, extremely sensitive, or windburned, don't use it.

Other Names: Hazel Snapping Tobacco Wood Spotted Elder Winter Bloom

Locating & Growing: Witch hazel shrubs are massive in both size and flower output. With gorgeous yellow flowers, ripe fruits, burgeoning buds—often blooming at the same time—it's found quite often in forests or woodsy areas. Adaptable to sunlight and soil types, herbalists and gardeners love it because of its colour and sweet aroma.

30. YARROW

ACHILLEA MILLEFOLIUM



Yarrow is one of the most intriguing herbs you'll come across. It's been widely used for millennia in a range of modalities and cultures worldwide as a cure-all. It's best recognized for having two personalities. It, for example, can both cause and stop bleeding. It makes sense because yarrow, like spearmint, is an "amphoteric" herb, meaning it goes to where it's needed in or on your body. It's stimulating and calming at the same time, depending on the patient's needs. Even more intriguing, it works nearly instantly, especially when reducing swelling or stopping bleeding. It quickly lowers high fevers (because it's also diaphoretic and causes sweat!). What If I Told You: The herb yarrow was named after Achilles, the Greek leader of the Trojan War, who utilized it in combat. He used the herb to bind the feet of his warriors to stop bleeding and speed up the healing of their wounds.

Herbal Power

MEDICINAL: Reduces fever; lessens bloating, gas, stomach cramps, and related GI issues; triggers hunger and appetite; supports liver functions. Heals bruises, wounds, and sprains; reduces inflammation; slows and stops bleeding; regulates menstrual cycles, triggers late periods, eases cramps and other PMS (premenstrual syndrome) symptoms; regulates menstrual cycles late periods, eases cramps and other PMS (premenstrual syndrome).

COSMETIC: n/a

Methods of Application: Apply as a salve or a poultice to the affected area. Use as a tea, an oil, or a tincture.

Precautions: Although yarrow is generally safe and harmless, pregnant women should avoid using it due to its effects on bleeding, cramping, and uterine muscles.

Other names: Bloodwort Carpenter's Weed Devil's Nettle Erba Da Falegname Gandana Schafgarbe Milefolio Staunchweed Wound Wort.

Locating & Growing: This is one-stop seeding. Plant yarrow in your garden once; it will grow easily, thrive in moist soil and full sunlight, and best of all, will self-sow. Like its effects on your body, yarrow is highly adaptable to nearly any growing condition.

CHAPTER TWO

THE REMEDIES

These chapters cover everything from oily hair and body odour to serious disorders like UTIs and migraines, with treatments for all of them. Anxiety, sadness, sleeplessness, and other disorders that are critical to general health are also addressed. Finally, a few go-to solutions for natural home cleaning products and self-treatments for the day following some of the most typical non-medical ailments we encounter round out this part.

ACNE



What's the deal with the acne that hasn't gone away since you were a teenager? Unfortunately, acne (with whiteheads and blackheads) will appear whenever oil and dead skin cells clog sensitive pores. You may already know that cleaning too vigorously, using harsh chemicals, and picking at them might aggravate the problem. Herbs used to treat acne are mild and gentle, and they can help reduce inflammation, remove pimples, and reduce scarring. Use alone or in conjunction with other therapies.

Soothing Aloe Vera and Calendula Facial

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 10 MINUTES

1. Calendula is a mild astringent that kills microorganisms while also reducing inflammation. This calming facial reduces redness and pain while balancing your skin and boosting your complexion.
1/2 teaspoon aloe vera gel (alcohol-free) 12 tsp calendula essential oil one drop essential oil of chamomile
Combine the aloe vera gel, calendula oil, and chamomile essential oil in a small dish.
2. Apply a little coating to your freshly cleansed face using your fingertips.
3. Set aside for 5 to 10 minutes.
4. Rinse and pat dry your face with cool water.
5. If acne continues, repeat this treatment once a day. If necessary, apply your preferred oil-free moisturizer.

Juniper Berry-Lavender Toner

YIELD: 30 TREATMENTS

STORAGE: DARK-COLORED GLASS BOTTLE

TIME: 5 MINUTES

This face toner is straightforward but effective. The essential oils have a pleasant perfume and are effective antiseptics that increase circulation and heal injured skin.

1. 12 cup witch hazel extract (alcohol-free) 4 drops essential oil of juniper berry four drops essential lavender oil Combine the witch hazel extract, juniper berry essential oil, and lavender essential oil in a dark-colored glass bottle.
2. Close the jar tightly and give it a good shake.
3. Apply a small layer to your freshly cleansed face with a cotton ball.
4. Apply an oil-free moisturizer after that.
5. This toner should be used in the morning and evening. Keep in a cool, dry location.

Rosemary-Mint Facial Scrub

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 10 MINUTES

This face scrub helps to unclog congested pores by gently exfoliating. The rosemary stimulates cell regeneration while the white wine and honey soften the skin. Stop acne outbreaks in their tracks with this scrub.

1. 12 tsp minced mint leaves 12 tsp rosemary leaves 12 tsp thyme leaves white wine, two teaspoons one tablespoon of honey two tablespoons sea salt, fine Combine the mint, rosemary, thyme, white wine, and honey in a small saucepan.
2. Raise the heat to medium-high and bring the mixture to a gentle simmer.
3. Reduce the heat to medium-low and continue to cook for 10 minutes, or until the liquid has been reduced to half its original volume.
4. Allow for thorough cooling of the mixture.
5. Fill a small glass dish halfway with the liquid.
6. Stir in the sea salt using a fork.
7. Apply the scrub to your freshly cleaned face in gentle circular strokes.
8. Set aside for 5 to 10 minutes.
9. Rinse and pat dry your face with cool water. Apply an oil-free moisturizer after that.
10. During acne breakouts, use this scrub twice a week.

CHAPPED LIPS

Chapped lips affect almost everyone at some point, whether they spend a lot of time inside or outside. Sunburn, wind, or dry indoor air are all to blame. While many commercial cures are on the market, herbal home remedies can help protect fragile lip tissue and heal chapped lips swiftly. Stay as far away from acute cold and direct sunshine as possible until your lips are smooth again.

Chamomile Lip Scrub

YIELD: 10 TREATMENTS

STORAGE: SMALL GLASS JAR

TIME: 5 MINUTES

This four-ingredient lip scrub exfoliates gently to reveal new skin and allow moisture to permeate where it's most needed. Chamomile essential oil is a nourishing oil that relieves the agony of inflammation, dryness, and cracked skin.

1. One teaspoon aloe vera gel (alcohol-free) 1 tablespoon of honey 2 drops essential oil of chamomile one tablespoon of sugar Combine the aloe vera gel, honey, and chamomile essential oil in a small jar.

2. Stir in the sugar completely.
3. Apply a dab of the scrub to your lips with your fingertip.
4. Scrub softly for 10 seconds using gentle circular strokes.
5. Using cool water, rinse your lips. Apply a hydrating lip balm afterward.
6. While suffering from chapped lips, repeat this therapy 1 or 2 times daily. Keep in a cool, dry location.

Lavender-Geranium Lip Balm

YIELD: 30 TREATMENTS

STORAGE: SMALL GLASS JAR

TIME: 10 MINUTES

As this soothing balm improves moisture and calms inflammation, your lips will feel silky soft. The essential oils of lavender and geranium help damaged skin to heal while also leaving a nice scent.

1. One teaspoon of beeswax 1 tbsp coconut butter 1 tsp calendula essential oil 2 drops essential lavender oil one drop essential oil of geranium Combine the beeswax and coconut oil in a double boiler over low heat.
2. Gently stir until the beeswax has completely melted.
3. Take the pan off the heat and stir in the calendula oil. Stir everything together thoroughly.
4. Stir in the lavender and geranium essential oils thoroughly.
5. Cool fully before transferring the balm to a tiny jar.
6. Apply a tiny layer to your lips with your index finger.
7. You can use this balm as much as you like. Keep in a cool, dry location.

This balm can be used to cure chapped lips as well as dry knees and elbows.

COLOR-DAMAGED HAIR

Whether you've lightened or darkened your hair, it's probable that all those dyes that gave it lovely color also left it with some dryness, breakage, or frizz. While cutting your hair is the only way to permanently remove chemical damage from relaxers, perms, and hair color, these nourishing herbal solutions help smooth cuticles, repair ends, and hydrate dehydrated tresses so hair can get back on track to health.

Aloe Vera-Peppermint Hair Mask

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

Aloe vera gives the hydration that parched or damaged hair requires, while jojoba oil adds luster and peppermint essential oil promotes scalp circulation (read: helps new hair grow).

1. One tablespoon aloe vera gel (alcohol-free) jojoba oil, one tablespoon 6 drops essential oil of peppermint Combine the aloe vera gel, jojoba oil, and peppermint essential oil in a small bowl.
2. Massage the entire therapy into your hair and scalp thoroughly.
3. Cover your head with a disposable shower hat and leave the treatment on for 15 minutes.
4. When you're done, wash and condition your hair normally.
5. For optimal results, use once or twice weekly.

Chamomile Conditioner

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

The potent combo in this shine enhancer and strand strengthener is conditioning chamomile and fortifying egg protein. It also minimizes knots and prevents future breakage as a bonus. Before using this treatment, make sure your hair is damp.

1. One beaten egg yolk 1 tsp sunflower seed oil 4 drops essential oil of chamomile Combine the egg yolk, sunflower oil, and chamomile essential oil in a small bowl. To blend the ingredients, vigorously beat them together.
2. Apply the entire treatment to your hair and scalp and massage it in.
3. Allow 15 minutes to set before removing.
4. After you've finished, give your hair a good rinse with cool water. Apply your favorite shampoo and conditioner after that.
5. For optimal effects, use at least once a week.

CROW'S FEET & LAUGH LINES

Laugh lines and crow's feet don't have to be an unavoidable indicator of aged skin. While these fine lines are a natural outcome of our daily facial emotions (such as smiling and laughing), you can soften them and prevent them from deepening by using a sunscreen every day, applying weekly hydration masks, and moisturizing with nutrient-dense moisturizers. Try these solutions with a smile. When used daily, skin looks younger for longer.

Rosemary–Papaya Facial Mask

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

Are you ready to reclaim your radiance? Vitamin C stimulates collagen formation, and papain, an enzyme that exfoliates and tightens pores, is found in fresh papaya. Rosemary essential oil boosts circulation and speeds up cell renewal.

1. 1/4 cup puréed fresh papaya 6 drops essential rosemary oil Combine the papaya and rosemary essential oil in a small basin.
2. Apply the mixture to your freshly cleansed face with your fingertips, concentrating on crow's feet and laugh lines.
3. Allow yourself 15 minutes of relaxation. If the mixture is too slick, wrap your face with a paper or cotton facial mask to keep it in place.
4. When you're done, wash your face with cool water and moisturize with your favorite moisturizer.
5. While this mask is working, you may get a tingling feeling. Stop the treatment if you start to feel uncomfortable.

Frankincense–Lavender Skin Serum

YIELD: 2 OUNCES

STORAGE: DARK-COLORED GLASS BOTTLE WITH DROPPER

TIME: 5 MINUTES

This light herbal serum contains a potent blend of anti-aging ingredients. Macadamia nut oil revitalizes weary, aged skin. Lavender soothes and hydrates the skin. Meadowfoam is high in antioxidants. In addition, frankincense restores skin cells while balancing pH.

1. Two tablespoons meadowfoam seed oil two teaspoons macadamia nut oil 15 drops essential oil of frankincense 10 drops essential lavender oil
2. In a dark-colored glass bottle with a glass dropper, combine all of the ingredients.
3. To mix, shake for 30 seconds.
4. Apply a tiny coating to your skin with your fingertips, concentrating on crow's feet and laugh lines.
5. Allow the serum to seep into your skin for a few minutes. After that, apply your preferred moisturizer.
6. If you like, you can use this serum to hydrate your entire face. Please keep it in a cool, dark location.

Lavender Toner with Vitamins C and E

YIELD: ABOUT 2 OUNCES

STORAGE: DARK-COLORED GLASS BOTTLE

TIME: 10 MINUTES

This aromatic toner hydrates and nourishes the skin while adding a gentle layer of moisture protection. It decreases the appearance of crow's feet and dry, indoor-air-damaged skin with everyday application.

- 1 3/4 teaspoon vitamin C crystals 134 ounces rose hydrosol 20 drops essential lavender oil Vitamin E oil, 20 drops Combine the rose hydrosol and vitamin C crystals in a small basin.
2. Gently stir until the vitamin C crystals are completely dissolved.
3. Transfer the liquid to a dark-colored glass bottle with a funnel.
4. Fill the bottle with lavender essential oil and vitamin E oil.
5. Shake vigorously.
6. Apply a few drops on your clean face using a cotton ball. After that, apply your preferred moisturizer.
7. Use this toner twice a day, in the morning and at night. Keep in a cool, dry location.

DANDRUFF

Don't get rid of that black sweater yet. There are simple, efficient ways to treat dandruff, which can be caused by various factors ranging from a dry, oily, or under-shampooed scalp to skin disorders such as eczema, psoriasis, or fungus. Treatments like those listed below make it straightforward to manage both the problem's adverse effects and the underlying causes.

Ginger-Tea Tree Scalp Tonic

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

The anti-inflammatory properties of ginger help to relieve the itching associated with dandruff. Olive oil moisturizes dry, flaky skin naturally. Tea tree essential oil aids in the fight against fungus.

1. One peeled, palm-sized piece of fresh ginger root, one tablespoon extra virgin olive oil, 2 drops essential oil of tea tree
2. Extract as much juice as possible from the ginger root with a garlic press or juicer. If you're going to use a garlic press, grate the ginger first.
3. Combine the juice, olive oil, and tea tree essential oil in a small bowl.
4. Apply the entire cure to the scalp after wetting your hair.
5. Gently massage the area.
6. Allow 15 minutes for the treatment to take effect.
7. After you've finished, give your hair a good rinse with cool water. Apply your favorite shampoo and conditioner after that.
8. Repeat this treatment 2 to 3 times per week until dandruff has disappeared. If you use a hairdryer, avoid using high heat on your scalp because it slows down the healing process.

Herbal Dandruff Shampoo

YIELD: 15 TREATMENTS

STORAGE: SHAMPOO BOTTLE

TIME: 30 MINUTES

This natural dandruff shampoo is a terrific alternative to conventional therapies thanks to a cocktail of high-powered, antioxidant-rich herbs that cure the scalp without the trademark pharmaceutical aroma of over-the-counter choices.

1. One quart of water one heaping tablespoon lavender (dried) 1 heaping tablespoon mint (dried) 1 heaping tablespoon rosemary (dry) 13 cup castile soap liquid 14 teaspoon olive or almond oil eucalyptus essential

oil, 5 drops essential oil of tea tree Bring the water to a boil in a small saucepan.

2. Reduce the heat to low, cover the pan, and add the lavender, mint, and rosemary. Cook for 20 minutes on low heat.
3. Allow the mixture to cool before straining it into a bowl.
4. Mix in the castile soap gradually.
5. Combine the almond oil with the essential oils of eucalyptus and tea tree.
6. Mix slowly, then pour the shampoo into a bottle using a funnel.
7. After shampooing, apply your preferred conditioner.
8. Style as usual, but avoid using a blow dryer with excessive heat.
9. Use daily if you have dandruff. Please keep it in the shower.

DRY SKIN

The only benefit of dry skin is that it has a relatively simple cure. Natural oils and herbs perform wonders to renew, rehydrate, and moisturize cells because dryness is caused by a lack of water in the skin's outer layer. You may also use these quick and easy treatments on additional trouble areas, including elbows and knees. (Use a humidifier at night if you live in an arid environment or have dry rooms).

Honey Moisture Mask with Hyssop and Lavender

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

Hyssop, lavender, and honey are the skin-saving trifecta that soothes irritation, nourishes parched cells, and reduces inflammation. If you don't have access to an aloe vera plant, over-the-counter aloe vera gel is an excellent alternative.

1. One aloe vera leaf or one teaspoon alcohol-free aloe vera gel from the store one teaspoon warmed honey one teaspoon finely chopped fresh hyssop leaves 2 drops lavender essential oil Scoop out the aloe vera gel by splitting the aloe vera leaf open lengthwise.
2. Combine the aloe vera gel and honey in a small bowl.
3. Stir well with a fork or a little whisk.
4. Combine the hyssop leaves and lavender essential oil in a small bowl.
5. To combine all of the ingredients, stir them together once more.
6. Apply the entire mask to your face and neck using your fingertips.
7. For at least 10 to 15 minutes, lie down and rest.
8. When you're done, rinse your face with cool water. After that, apply your preferred moisturizer.
9. For optimal effects, consume twice weekly.

Rich Chamomile Facial Cream

YIELD: 30 TREATMENTS

STORAGE: GLASS JAR

TIME: 20 MINUTES

This moisturizer uses chamomile's therapeutic properties by combining rich oils and beeswax for a smooth, silky sensation.

1. 12 cup boiling water one teaspoon dried chamomile flowers three tablespoons almond oil three tablespoons avocado oil one tablespoon jojoba oil 1-ounce beeswax two teaspoons glycerin
2. 10 drops geranium essential oil Combine the chamomile flowers and boiling water in a small basin. Steep for 15 minutes with the lid on the bowl.
3. Meanwhile, blend the almond, avocado, and jojoba oils on the top of a double boiler.
4. Stir the beeswax into the oils over low heat until it melts.
5. Strain the chamomile-infused water, being careful not to remove any flower parts. Take 1 ounce of the infusion and weigh it. Any leftovers should be thrown away.

6. Fill a medium glass bowl halfway with the oil mixture. Add the chamomile infusion to the oil mixture one drop at a time, constantly whisking with a small whisk until it thickens and cools.
7. Mix in the glycerin thoroughly. Mix in the essential oils of chamomile and geranium once more.
8. Fill a glass jar with the cream and a tight-fitting lid.
9. Massage a tiny amount onto your freshly cleansed face, neck, and chest with your fingertips.
10. Use every night before going to bed. Keep in a cool, dry location.

DULL, DRY HAIR

Brittle hair shafts cannot absorb or keep the moisture required for a rich, glowing mane, resulting in dull, dry strands. True, harsh chemicals and heated styling equipment contribute to the problem, but therapies that lockout heat, seal in hydration, and restore vitality can help to mitigate their effects and restore strand health.

Rosemary Hair Balm

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

Gelatin's protein strengthens hair, while apple cider vinegar and rosemary give it a beautiful sheen. Just before shampooing, prepare this treatment.

1. One cup boiling water 1 tablespoon gelatin, unflavored apple cider vinegar, 1 teaspoon 5 mL essential rosemary oil Mix the tap water and gelatin in a small bowl and whisk vigorously to combine.
2. Allow 5 minutes for the mixture to rest.
3. Add the apple cider vinegar and rosemary essential oil once it begins to gel slightly.
4. To blend, stir everything together thoroughly.
5. Work it into your scalp and through your freshly shampooed hair.
6. Allow 10 minutes for the balm to absorb.
7. Rinse well with warm water.
8. For optimal results, repeat once or twice weekly.

Lavender Hair Mask

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

Yoghurt, honey, and nourishing oils replenish protein and hydration in dehydrated hair, mending damage and increasing shine. Just before shampooing, prepare this treatment.

1. A quarter-cup of plain yoghurt, 1 teaspoon of honey, 1 tablespoon extra virgin olive or sunflower oil, 5 drops of essential lavender oil. Combine all of the ingredients in a blender.
2. Blend on low to medium speed until smooth.
3. Fill a plastic squeeze bottle halfway with the mixture.
4. Massage the treatment into your scalp and through your newly shampooed hair.
5. Allow 15 minutes for the mask to set.
6. Rinse well with warm water.
7. For greatest results, use twice weekly.

Floral Hot Oil Infusion

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 45 MINUTES

There's a reason hot oil treatments have been a salon staple for so long. They increase lustre, restore moisture, and strengthen weak hair. There's no need to worry if you don't have any sunflower oil. It's best to use olive or corn oil.

1. A quarter cup of sunflower oil lavender flowers, 1 tablespoon rosemary leaves, chopped. Combine the sunflower oil, lavender, and rosemary in a small saucepan. Cook for 30 minutes on low heat.
2. Strain the oil into a basin, then funnel it into a plastic squeeze bottle with a funnel.
3. Apply the entire treatment to your hair and scalp when comfortably warm to the touch, gently rubbing it in.
4. Wrap a moist, heated towel around your head.
5. Allow 15 minutes for the infusion to set.
6. As normal, shampoo and condition.
7. For optimal results, use once or twice weekly.

ECZEMA OF THE FACE

Facial eczema is painful and difficult to conceal due to inflammation, reddening, and irritation. Because there are so many underlying variables that might cause this disease, your first step should be to work with your doctor to figure out why it's happening so you can properly treat the fundamental problem. Use herbal remedies to relieve your discomfort in the meanwhile.

Soothing Calendula–Carrot Facial Mask

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 30 MINUTES

Calendula oil and carrot seed essential oil combine to hydrate and soothe inflamed skin. This formula contains natural antiseptics in carrots and honey, which leave skin feeling fresh and healthy.

1. One cooked and mashed organic carrot 1 teaspoon honey (raw) 5 drops calendula essential oil 3 drops essential oil of carrot seed Combine the carrot and raw honey in a small mixing bowl and stir until smooth.
2. Mix with the calendula oil and carrot seed essential oil until well combined.
3. Apply the mask to your freshly cleansed face using your fingertips.
4. Allow yourself 15 to 20 minutes to unwind.
5. When you're done, rinse your face with cool water. After that, apply your preferred moisturizer.
6. Use 2–3 times per week.

Chamomile Facial Compress

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

Immediate relief! This calming compress is a quick and simple cure that relieves pain instantly. Chamomile essential oil relieves irritation and inflammation while speeding up the healing process.

1. 1/2 CUP HEATED WATER 1 tsp virgin coconut oil chamomile essential oil, 6 drops Combine the hot tap water and coconut oil in a shallow basin.
2. Stir in the chamomile essential oil.
3. Squeeze off the surplus liquid with a cotton towel soaked in the mixture.
4. Rest for 15 minutes with the cloth draped over your face, rehydrating it with the warm solution as it cools.
5. Use once or twice a day. Use for as long as your eczema lasts.

OILY HAIR

You're not alone if your strands get that stringy, midday clings despite daily washing—but being part of the oily crowd isn't exactly comforting. Shampooing every day is only one component of the solution. Keep oiliness at bay with simple toners and rinses that leave hair soft, lustrous, and grease-free. To avoid buildup, remember to only condition the ends of your hair.

Rosemary–Lemon Rinse

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 5 MINUTES

Apple cider vinegar, rosemary, and lemon essential oils cut through excess oil, nourish your scalp, and leave hair looking fresh. What other oils should you try? Tea tree, peppermint, lavender, and sage all work well.

1. 1/2 cup of water apple cider vinegar, 2 tablespoons 4 drops essential oil of rosemary 2 drops essential oil of lemon Combine the water, apple cider vinegar, rosemary, and lemon essential oils in a plastic squeeze container.
2. Place your index finger over the bottle's tip and shake well just before using.
3. Apply the entire therapy to your scalp after shampooing. There is no need to rinse.
4. Squeeze any surplus solution out of your hair gently. If necessary, add a little conditioner to the ends.
5. After that, towel dry your hair and style it as usual.

Witch Hazel Scalp Toner

YIELD: 4 OUNCES

STORAGE: PLASTIC SQUEEZE BOTTLE

TIME: 5 MINUTES

Witch hazel is a stylist's hidden weapon, thanks to astringent ingredients that effortlessly cut through scalp grease. The enticing scent of lavender essential oil makes you forget you're getting a treatment. Combine it with other essential oils such as tea tree, sage, lemon, or peppermint.

1. Four ounces of witch hazel extract (alcohol-free) 1 teaspoon essential lavender oil Combine the witch hazel extract and lavender essential oil in a plastic squeeze bottle.
2. Place your index finger over the bottle's tip and shake well just before using.
3. Apply enough of the complete treatment to hydrate your scalp after washing your hair. There is no need to rinse.
4. Squeeze any surplus solution out of your hair gently. If necessary, add a little conditioner to the ends.
5. After that, towel dry your hair and style it as usual.
6. Use regularly. Keep in a cool, dry location.

If your scalp becomes too dry, use the treatment every other day, or try one mixed with apple cider vinegar instead of witch hazel extract.

Lavender–Rosemary Dry Shampoo

YIELD: ABOUT 1 CUP

STORAGE: SUGAR SHAKER

TIME: 10 MINUTES

When you don't have time to soap up, this dry shampoo revives your locks. If you have dark hair, use the optional cinnamon or unsweetened cocoa powder to cover up any cornstarch that brushing doesn't get rid of.

1. 1/4 cup baking soda 1/2 cup cornstarch 2 tablespoon cinnamon powder or unsweetened cocoa powder (optional for dark hair) 2 drops essential lavender oil 2 drops essential oil of rosemary Combine the cornstarch, baking soda, and ground cinnamon in a large mixing basin (if using).
2. Using a fork or a whisk, combine the ingredients.
3. One drop at a time, mix in the lavender and rosemary essential oils carefully after each addition.
4. Transfer the shampoo to a sugar shaker with a spoon and funnel.
5. Shake a little amount of dry shampoo onto the roots of your hair in sections.
6. Use your fingertips to gently massage the area.
7. To get rid of it, vigorously brush it away. When you need it, use it. Place in a cool, dry location.

Flip your head over down and rub it again to enhance volume. Brush your hair while your head is upside down, then

brush it again while your head is upright.

PUFFY EYES

Drinking binges, sobbing fits, late nights, and seasonal allergies can all create puffiness and redness beneath your eyes, but they don't have to be the first things people notice. To reduce edema and enhance your attitude on life, try these herbal medicines.

Lavender–Lemon Bedtime Serum

YIELD: ABOUT 1 OUNCE

STORAGE: DARK-COLORED SMALL GLASS BOTTLE

TIME: 5 MINUTES

Allow this amazing de-puffer to work in the background as you sleep. Swollen under-eye tissue can be relieved with lavender and lemon essential oils. Almond oil gives moisture to the skin, making it look smoother.

1. Almond oil, 1 oz 10 drops essential lavender oil 10 drops essential oil of lemon Add the almond oil, lavender, and lemon essential oils to a dark-colored glass bottle and shake thoroughly.
2. Apply 1 or 2 drops of serum to the area beneath each eye using your fingertips.
3. Use every night before going to bed. Keep in a cool, dry location.

Use an extra pillow to raise your head. Sleeping on your back can help prevent moisture from forming beneath your eyes.

Cool Chamomile Toner

YIELD: ABOUT 2 OUNCES

STORAGE: DARK-COLORED SMALL GLASS BOTTLE

TIME: 5 MINUTES

This chamomile–witch hazel combination works as an astringent, tightening tissue, reducing swelling, and reducing inflammation. This toner does not need to be refrigerated; however, using it cold reduces edema more than using it at room temperature.

1. Two ounces of witch hazel extract (alcohol-free) 4 drops of essential oil of chamomile Combine the witch hazel extract and chamomile essential oil in a dark-colored glass bottle.
2. Before each usage, please give it a good shake.
3. Apply 2 to 3 drops of toner to the area beneath each eye with a cotton ball.

If you have a few minutes after application, lie down and rest for 5 to 10 minutes while placing a cloth under your eyes and an ice cube beneath each eye.

Rosemary Under-Eye Balm

YIELD: ABOUT 1 OUNCE

STORAGE: DARK-COLORED SMALL GLASS BOTTLE

TIME: 5 MINUTES

Rosemary essential oil is a moderate diuretic that helps to minimize puffiness beneath the eyes. It also contains anti-inflammatory ingredients that aid in diminishing discoloration and minerals that help strengthen capillaries that have been weakened.

1. 2 tablespoon argan oil essential oil of rosemary, 7 drops Combine the argan oil and rosemary essential oil in a dark-colored glass bottle.
2. To blend, give it a good shake.
3. Apply 1 to 2 drops to the under-eye area using your fingertips.
4. This therapy can be used daily and can be used both morning and night. Keep in a cool, dry location.

Before applying any other treatments or cosmetics, give it a few minutes to absorb.

ROSACEA

The redness, swelling, and inflamed, irritated patches that rosacea causes often leave sufferers yearning for a medication that may help them control this incurable condition. Rather than spending top money for pricey chemical-based remedies, consider this collection of herbs that have been shown to eliminate and reduce difficult-to-remove symptoms. These solutions relieve inflammation while hydrating your skin and eliminating discoloration, with minimal side effects, unexpected efficacy, and small price tags.

Gentle Chamomile Facial Toner

YIELD: ABOUT ½ CUP

STORAGE: GLASS JAR

TIME: 30 MINUTES

Chamomile balances problematic skin, relieving irritation and redness, thanks to the terpene bisabolol, a natural pain and inflammation reliever. Make a fresh batch of this toner every few days to ensure you have plenty on hand.

1. One-quarter of water 3 bunches fresh chamomile flowers or 1 handful dried chamomile flowers Combine the water and chamomile in a small saucepan. Bring to a boil over high heat.
2. Reduce the heat to low and cook the chamomile for 15 minutes, or until the water has been reduced to about half its original amount.
3. Allow the chamomile infusion to cool completely before straining it into a glass container.
4. To use, soak a cotton ball in the solution and apply a thin layer to your newly cleansed face.
5. Before applying your preferred moisturizer, let the toner dry naturally.
6. Once or twice a day is aplenty. Refrigerate any leftovers.

Lavender–Aloe Vera Moisturizer

YIELD: ABOUT 1 OUNCE

STORAGE: SMALL GLASS JAR

TIME: 5 MINUTES

With their inherent antibacterial, anti-inflammatory, and relaxing properties, lavender and aloe vera create an extraordinarily efficient healing pair. If you use fresh aloe vera gel instead of the pre-packaged kind, keep this oil-free moisturizer refrigerated.

1. 2 tablespoon aloe vera gel (alcohol-free) 8 drops essential lavender oil Combine the aloe vera gel and lavender essential oil in a small basin. Mix with a whisk or fork until everything is well combined.
2. Fill a glass jar with the moisturizer and a tight-fitting lid.
3. Apply a light coating of moisturizer to your face, neck, and chest using your fingertips.
4. Allow it to absorb fully before applying any other products.
5. Once or twice a day is aplenty.

SPLIT ENDS

While having your split ends cut is the only method to get rid of them for good, there are some simple ways to smooth them down, so your hair looks less ragged. Avoid hot styling tools, saltwater, and chemicals like those found in home hair color kits to hasten the repair of dry, damaged hair. They exacerbate the condition, making your herbal medicines work twice as hard!

Geranium–Honey Hair Repair

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

This nourishing treatment contains geranium essential oil to strengthen hair and honey and olive oil to moisturize.

Use in-between haircuts to strengthen strands and keep that fresh-cut salon look.

1. One tablespoon extra virgin olive oil 1 teaspoon of honey 3 drops essential oil of geranium Combine the olive oil and honey in a small glass bowl.
2. Microwave for 15 seconds on low power.
3. Combine the honey and olive oil in a mixing bowl. If you're still not warm enough, go back to step 2.
4. Add a few drops of geranium essential oil.
5. Apply the entire treatment after dampening your hair.
6. Wrap a towel around your head and cover it with a disposable shower hat.
7. Allow 10 to 15 minutes for the hair repair to set before washing, conditioning, and styling as usual.
8. Once or twice a week, repeat.

Rosemary-Aloe Vera Leave-In Conditioner

YIELD: ABOUT 1 CUP

STORAGE: PLASTIC SQUEEZE BOTTLE

TIME: 10 MINUTES

Split ends are smoothed by sealing in hydration and reversing damaged strands with this incredibly hydrating aloe vera and oil blend. While fresh aloe vera is preferred in many recipes, this recipe asks for the pre-packaged gel to avoid rotting.

1. A quarter-cup of coconut oil 1/2 cup aloe vera gel (alcohol-free), a quarter cup of argan oil, 12 mL essential oil of rosemary
2. Warm the coconut oil in a small saucepan over low heat until it melts.
3. In a small dish, combine the aloe vera gel, argan oil, and coconut oil.
4. To ensure that all of the moisturizers are well mixed, whisk the mixture thoroughly.
5. Whisk in the rosemary essential oil once more.
6. Fill a plastic squeeze bottle halfway with the conditioner. It's best to use an empty, clean shampoo bottle.
7. Rinse your hair completely after washing and conditioning it, then add a small amount of this leave-in conditioner to the ends.
8. If possible, let your hair air dry before styling as usual.
9. For optimal effects, use daily. Continue to shower.

CHAPTER THREE

BODY CARE

ATHLETE'S FOOT

Athlete's foot is no longer limited to soiled locker rooms. The tinea fungus causes this all-too-common disease, including painful blisters, itching, burning, and scaly, cracked skin between the toes. The good news is that the stronger your immune system is, the lower your chances of contracting the disease are. While there are many over-the-counter medications available, natural cures can also be effective.

Garlic-Tea Tree Foot Soak

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 35 MINUTES

Garlic, especially when mixed with tea tree essential oil, is one of the most effective remedies for athlete's foot. Itching, stinging, and redness are relieved with this simple foot bath.

1. Three garlic cloves peeled 1 gallon of boiling water rubbing alcohol (1 teaspoon) 2 tablespoons liquid antibacterial soap 10 drops essential oil of tea tree Purée the garlic into a fine paste in a blender or food processor.
2. Fill a basin or a foot bath with hot water.
3. Combine the rubbing alcohol, antibacterial soap, tea tree essential oil, and garlic in a small mixing bowl.
4. Soak your feet in warm water for 30 minutes while comfortably seated.
5. Before putting on socks and shoes, make sure your feet are totally dry with a towel.
6. Rep once a day till your athlete's foot symptoms have disappeared.

Tea Tree Foot Powder

YIELD: 1 CUP

STORAGE: SUGAR SHAKER

TIME: 5 MINUTES

Baking soda and tea tree oil work together as astringents and antifungals to keep feet dry while avoiding foot fungus. To get the most out of this powder, combine it with other treatments.

1. 1 pound of baking soda
2. Twenty drops of essential oil of tea tree Combine the baking soda and 5 drops of tea tree essential oil in a medium mixing dish. Using a whisk or fork, combine the ingredients.
3. Mix in 5 additional drops of tea tree essential oil, mixing thoroughly.
4. Repeat until all 20 drops of essential oil have been incorporated.
5. Transfer the foot powder to a sugar shaker using a funnel.
6. Apply liberally to your socks and shoes before wearing them, and after showering, sprinkle on your feet and between your toes.
7. Once or twice a day is aplenty. Place in a cool, dry location.

Ginger Foot Balm

YIELD: ABOUT 1 OUNCE

STORAGE: SMALL GLASS JAR

TIME: 24 HOURS

Ginger, like garlic, has antifungal properties. This treatment takes a little effort to make, but it leaves your feet smelling unexpectedly unique and spicy. If you wear socks at night, your skin will be smoother in the morning.

1. Two teaspoons finely grated or chopped fresh ginger 1 oz sesame seed oil Combine the ginger and sesame oil in a small container with a tight-fitting cover.
2. Set the jar aside for 24 hours in a warm location.
3. Strain the oil into a clean jar using a sieve or cheesecloth.
4. Extract as much oil as possible from the ginger by squeezing or pressing it.
5. Cover the jar with a cover and store it in the refrigerator between uses.
6. To use, use a cotton ball to apply a thin layer to the affected regions.
7. Refrigerate any leftovers. If the batch isn't finished in a week, make a fresh one.

Reapply after showering or bathing, and apply each night before bed to speed up the healing process. After the athlete's foot symptoms have subsided, continue to use for another three days.

BODY ACNE

Gentle, natural solutions usually work well for body acne. Harsh chemical antiseptics frequently cause discomfort and irritation, worsening the appearance and feel of the affected areas. These simple treatments remove blemishes, enhance the state of the skin, and prevent new spots, whether you have a modest breakout on one region of your body or painful pimples in multiple locations.

Lavender Bath Salt

YIELD: 1 CUP

STORAGE: GLASS JAR

TIME: 5 MINUTES

For a good reason, Epsom salt is a well-known folk treatment for body acne. It reduces inflammation and aids in the elimination of pollutants. Bacteria are stopped in their tracks by lavender's natural antibacterial qualities.

1 cup Epsom salt

20 drops lavender essential oil

1. Combine the Epsom salt and 5 drops of lavender essential oil in a medium bowl. Using a whisk or fork, combine the ingredients.
2. Mix in 5 additional drops of lavender essential oil, mixing thoroughly.
3. Repeat this step until all 20 drops of essential oil have been incorporated.
4. Transfer the bath salt to a glass jar with a tight-fitting cover using a funnel.
5. To use, pour 14 cups of bath salt into a bath that is comfortably heated.
6. Allow for at least 15 minutes of soak time.
7. Use as much as you like. Place in a cool, dry location.

Tea Tree Body Wash

YIELD: ABOUT 1 CUP

STORAGE: PLASTIC SQUEEZE BOTTLE

TIME: 5 MINUTES

Tea tree essential oil is a potent antimicrobial that is gentle enough to apply on blemished skin while also reducing irritation and redness. Raw honey improves the texture of the skin and speeds up the healing process.

1. A third of a cup of unscented liquid castile soap 14 cup honey (raw) 2 tablespoon sesame seed oil 1 tsp vitamin E extract 60 drops essential oil of tea tree Combine the liquid castile soap, raw honey, and sesame oil in a medium mixing dish.
2. Using a whisk or fork, combine the ingredients.

3. Combine the vitamin E oil and the tea tree essential oil in a small mixing bowl.
4. Blend for another 30 seconds, stirring to ensure that all of the ingredients are well combined.
5. Transfer the body wash to a plastic squeeze container with a funnel. It's best to use an empty, clean shampoo bottle.
6. Using a bath pouf, washcloth, or bathing brush, squirt a dime-sized amount of body wash.
7. Scrub your body gently, paying special attention to the acne-prone regions. Keep in a cool, dry location.

BODY ODOR

Body odor isn't the most exciting subject, especially when you're seeking a safe alternative to deodorants that include dangerous substances you can't pronounce. Because they've been verified by centuries of proven use, these fully natural, easy-to-prepare DIY solutions eliminate the risk of trial and error (as well as the fear of going without protection).

Lavender–Witch Hazel Freshening Wipes

YIELD: 20 WIPES

STORAGE: GLASS JAR

TIME: 5 MINUTES

Use these handy wipes to freshen up between showers, after a workout, or before a difficult meeting. You can get a bag of cotton cosmetic pads for very little money from your local Walgreens or supermarket, and you'll use them to produce the wipes in this recipe. Both the lavender and the witch hazel work quickly to eliminate odors.

1. 1/2 cup witch hazel extract (alcohol-free) 20 drops essential lavender oil 20 cotton pads for cosmetics
Combine the witch hazel extract and lavender essential oil in a glass jar.
2. To blend the ingredients, swirl the container for about 30 seconds.
3. Place the cosmetic pads in the jar in a stack.
4. Close the lid tightly and gently shake it to ensure that all pads are soaked in the solution.
5. As needed, swab your underarms and other odor-prone areas.

Place a couple of these wipes in a plastic storage bag with a secure zip-top to take with you.

Rosemary Deodorant Bar

YIELD: ABOUT 1½ CUPS

STORAGE: TIN OR PLASTIC STORAGE CONTAINER

TIME: 30 MINUTES

Rosemary and tea tree essential oils work wonders when it comes to preventing bacteria growth. This scented deodorant bar won't stop you from sweating, but it will keep you smelling fresh.

1. Two tablespoons coconut oil 3 tablespoons grated beeswax shea butter, 1 tbsp 2 teaspoons of baking soda cornstarch (2 tablespoons) 15 drops essential oil of rosemary 15 drops essential oil of tea tree Melt the beeswax and coconut oil together in a small double boiler.
2. Stir in the shea butter until all of the ingredients have liquefied, around 5 minutes.
3. Remove the pan from the heat and transfer the contents into a large mixing bowl.
4. Combine the baking soda, cornstarch, and essential oils of rosemary and tea tree. Using a fork or a whisk, combine the ingredients.
5. Working quickly, divide the batter evenly between one or two muffin cups in a muffin tin.
6. Allow 3 hours for hardening at room temperature before using.
7. Apply a small bit of deodorant to your underarms and rub it in.
8. After your daily wash or shower, apply. Store in a cool, dry location.

If you have an old deodorant bottle lying around, you may repurpose it to hold this mixture.

CONTACT DERMATITIS

Contact dermatitis develops when skin is directly exposed to an irritating chemical, causing itching, redness, and possibly slight swelling. This could be an allergic reaction or the result of small damage to the skin's sensitive top layer. One thing to keep in mind: Because a hot, itchy rash can indicate various problems, including underlying sickness, see your doctor if your symptoms persist or worsen.

Goldenseal Spray

YIELD: 4 OUNCES

STORAGE: SMALL BOTTLE WITH A SPRAY TOP

TIME: 20 MINUTES

While infusing it with therapeutic herbs, this soothing spray prevents irritated, red skin from further irritation. The recipe calls for commercial goldenseal tincture, but you can substitute a homemade goldenseal tincture or infusion.

1. Three ounces distilled water 2 tsp. olive oil (organic) 1 teaspoon goldenseal tincture (alcohol-free)
2. Carefully pour the water, olive oil, and goldenseal tincture into a tiny bottle with a spray tip, using a funnel.
3. The top should be carefully screwed on.
4. Before each usage, please give it a good shake because the oil will separate from the other ingredients.
5. A little coat of liquid should be applied to the affected area.
6. For optimal results, apply shortly after showering and reapply before bed. Use as often as you'd like. Keep in a cool, dry location.

Cooling Aloe Vera Gel with Witch Hazel

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

This rapid gel relieves the pain of hot, itchy dermatitis in half the time it takes to make it. Before applying the treatment to open pores, take a hot bath or shower soon and help the treatment permeate more quickly.

1. One tablespoon aloe vera gel (alcohol-free) 12 teaspoon witch hazel extract (alcohol-free) Combine the aloe vera gel and witch hazel extract in a small basin. Using a fork or a whisk, combine the ingredients.
2. Apply the gel to the injured body part with your fingertips or a cotton pad and allow it to permeate.
3. If itching or heat persists, wait a few minutes before applying a second coat.
4. As needed, reapply every 1 to 2 hours.

By storing the gel in the refrigerator between uses, you can make the treatment more relaxing.

Soothing Calendula Salve with Lavender

YIELD: ABOUT 8 OUNCES

STORAGE: JAR OR TIN

TIME: 10 MINUTES

As a go-to in your first-aid kit, make a batch of multifunctional, powerful salve. This tried-and-true remedy is great for itchy, inflamed skin, as well as minor wounds, scratches, and burns.

1. Seven ounces of calendula oil, 12 teaspoon vitamin E oil, 1-ounce grated beeswax, 10 drops of essential lavender oil. Add the calendula oil and beeswax to a double boiler at low heat. Blend with a fork or a whisk until smooth.
2. As soon as all of the beeswaxes have melted, remove them from the heat.
3. Combine the vitamin E oil and the lavender essential oil in a small bowl. To combine the ingredients, whisk them together.
4. Fill a container or tin with the salve.
5. Leave the container open until the salve has cooled. Cover closely once it has been set.

6. A thin coating of salve should be applied to the affected area.
7. While recovering from dermatitis, use 2 to 3 times per day. Keep in a cool, dry location.

DRY SKIN

It's no secret that dry skin is itchy, flaky, tight, and painful, but you might be surprised to learn that herbal therapies are one of the quickest and simplest solutions. Whether you have a chronic, seasonal, or occasional problem, you'll find that these therapies may be tailored to practically any lifestyle and severity of the condition. Simple efforts like drinking more water, taking cooler showers, and limiting exposure to the weather can occasionally nourish parched cells while treating the symptoms.

Chamomile Milk Bath

YIELD: 1 CUP

STORAGE: AIRTIGHT CONTAINER

TIME: 15 MINUTES

There's a reason milk baths have been used to soften and smooth the body for decades. A strong amount of chamomile in this combination takes it a step further by reducing itching.

1 cup full-fat powdered milk

24 drops chamomile essential oil

1. Fill the tub halfway with hot water.
2. Stir together the powdered milk and chamomile essential oil in an airtight container.
3. 1 cup milk bath, swished in the bathtub until dissolved
4. Soak in the tub for at least 15 minutes.
5. Pat yourself dry once you've finished. Apply your favorite lotion afterward, giving careful attention to any dry or problem areas.
6. Once or twice a week, use. Place in a cool, dry location.

Geranium Sugar Scrub

YIELD: 6 OUNCES

STORAGE: GLASS JAR OR RESEALABLE PLASTIC CONTAINER

TIME: 5 MINUTES

This smoothing scrub contains sugar to gently exfoliate and contains geranium, raw honey, and rich almond oil to nourish and moisturize skin. It's not a deal-breaker if you don't have geranium essential oil. Instead, try lavender, rosemary, or peppermint.

1. Dark brown sugar; 6 tablespoons almond oil, 2 ounces, 1-ounce honey (raw) geranium essential oil, 6 drops Combine the dark brown sugar, almond oil, and raw honey in a glass container. To blend, carefully stir everything together.
2. Stir in the geranium essential oil one more.
3. Using a lid, close the container tightly.
4. It's natural for the almond oil to climb to the top of the mixture at some point. Mix the sugar scrub with your fingertips before washing.
5. Scoop out a tablespoon or two and massage it to your dry skin in circular motions, massaging lightly.
6. After you've washed, turn on the water and thoroughly rinse yourself, buffing your skin with light circular motions.
7. When you emerge, pat yourself dry with a soft towel and moisturize your entire body. Place in a cool, dry location.

ECZEMA

Eczema is a skin ailment frequently exacerbated by chemicals included in commercial creams meant to alleviate symptoms. Herbal remedies can help with the symptoms of eczema, such as itching, swelling, redness, and flaking, but they won't heal the underlying cause, which can range from an inherent susceptibility to allergies, stress, or other lifestyle factors. While employing these herbal therapies to offer skin TLC, see your doctor get to the root of the problem.

Burdock Infusion

YIELD: ABOUT 1 CUP

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

Burdock tea is one of the most powerful natural eczema treatments available. While the taste isn't to everyone's liking, you'll get used to it. It goes down a little easier if you add honey or stevia.

- 1 1/4 cup of water 1 tsp. Burdock root (dry) stevia or raw honey (optional) Combine the water and burdock root in a small saucepan over high heat. Bring the pot of water to a boil.
- Reduce the heat to medium-low and continue to cook for an additional 10 minutes.
- Strain the burdock infusion into a mug, pressing the liquid from the burdock root with the back of a spoon before discarding it.
- If desired, sweeten with raw honey or stevia.
- For up to three weeks, drink three times a day.

Soothing Patchouli Eczema Salve

YIELD: ABOUT 1 CUP

STORAGE: GLASS JAR

TIME: 15 MINUTES

Patchouli thrives in hotter regions. Fortunately, it's readily available in the form of essential oil. This ointment relieves eczema while also leaving an enticing scent.

- 1/2 CUP COCONUT OLIVE OIL Patchouli essential oil, 8 drops 14 cups organic olive oil 14 cup oat flour Melt the coconut oil in a small pot until it liquefies.
- Combine the patchouli essential oil and the oat flour in a mixing bowl. Stir until everything is well combined.
- Mix in the olive oil, constantly stirring until all of the ingredients are well combined.
- Turn off the heat. Allow the salve to cool completely before transferring it to a jar.
- Cover tightly with a cap.
- As needed, apply a small layer to the affected region. Store in a cool, dark location.

The texture of this salve is a little gritty, which is normal. The beneficial lipids in finely crushed oats aid in skin healing.

Comfrey-Plantain Poultice

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

Comfrey, plantain leaf, and calendula flowers work together to quickly reduce itching and irritation. The extra additions will enhance the potency of this combination. Use the poultice on its own or in conjunction with other treatments.

- One teaspoon melted coconut oil 1 tsp comfrey (dry) 1 cup plantain leaves, fresh 1 tablespoon calendula flowers, fresh or 1 teaspoon calendula flowers, dried 1 tablespoon yarrow leaves (fresh) or 1 teaspoon yarrow leaves (dry) (optional) 1 mL essential oil of rosemary (optional) Combine all ingredients in a blender

or food processor and blend until smooth. You may need to add up to 1 teaspoon of water, a few drops at a time, if you're using largely dried components.

2. Apply a tiny coating to the affected region with your fingertips
3. Cover the herbs with a clean cloth and set them aside for 10 to 15 minutes.
4. After rinsing with cool water, pat dry.
5. While painful eczema persists, use 1 to 2 times per day.

FOOT ODOR

When you kick off your shoes, do you notice a terrible odor? That isn't unusual. Bacteria thrive in the dark, moist environment that conventional footwear provides (even your high heels). To make your skin and shoes less hospitable to odor-causing germs, dry up excess moisture and add antibacterial herbs to your foot care regimen.

Peppermint Foot Soak

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

Peppermint is a mild antimicrobial that refreshes the foot, improves circulation, and has a fresh, uplifting scent.

1. Three drops peppermint essential oil, 1 tablespoon dry mint leaves, 3 tablespoons fresh mint leaves, 2 peppermint tea bags, 1 cup of hot water 1 gallon of chilled water. Allow 5 minutes for the peppermint to steep in the boiling water.
2. Remove the peppermint from the water and strain it (if using fresh or dried leaves).
3. Pour the peppermint foot soak into a shallow bowl or footbath filled with cool water.
4. Relax for 15 minutes by immersing your feet in the basin.
5. To keep your feet smelling fresh, use a little lotion, foot powder, or foot spray after completely drying them.
6. Use as much as you like.

Quick Tea Tree Foot Spray

YIELD: ABOUT 4 OUNCES

STORAGE: GLASS BOTTLE WITH SPRAY TOP

TIME: 1 MINUTE

This foot spray has tea tree essential oil to prevent bacteria from spreading, and it has a fresh aroma that keeps foot odor at bay all day.

Lavender–Peppermint Foot Balm

YIELD: 8 OUNCES

STORAGE: GLASS JAR OR TIN

TIME: 20 MINUTES

The feet will be pampered with nutritious hydration and a lovely scent. Make a spa present for someone who could use some TLC by converting your DIY preparation into a spa gift.

1. Seven ounces olive oil (organic) 1 ounce grated beeswax 1 tsp vitamin E extract 10 drops essential lavender oil 20 drops essential oil of peppermint Over low heat, combine the olive oil and beeswax in a double boiler. To blend, stir everything together.
2. Once the beeswax has completely melted, remove it from the flame.
3. Mix in the vitamin E oil, as well as the essential oils of lavender and peppermint.
4. Fill a jar or tin with the mixture.

5. Allow it cool completely before securing the container with a tight-fitting lid.
6. Apply a little coating to freshly cleansed feet using your fingertips. Keep in a cool, dry location.

Try the peppermint foot bath, and then finish with this balm for a relaxing at-home spa experience.

HAND & NAIL CARE

You don't have to spend a lot of money on expensive salon treatments to have beautiful nails. Many of the same natural elements found in high-end spa treatments may be found in DIY spa treatments. Plus, making your own allows you to tweak the formulas to suit your personal preferences. Include these solutions in your weekly regimen for healthy hands and nails without the need for a manicure.

Pampering Chamomile – Lavender Scrub

YIELD: 6 OUNCES

STORAGE: GLASS JAR

TIME: 20 MINUTES

Treat your hands to a quick pick-me-up if they're feeling dry and overworked. This thick, rich sugar scrub exfoliates while also moisturizing the skin, leaving it feeling revitalized. You can also use it on dry feet, knees, and elbows.

1. The oil that is needed 2 drops essential lavender oil In a small jar put the sugar.
2. Combine the beeswax and olive oil in a double boiler over low heat. Gently stir until all of the beeswaxes have melted.
3. Remove the pan from the heat and set it aside to cool for 2 minutes.
4. Pour the olive oil and beeswax mixture over the sugar in the jar and set them aside to cool for 5 minutes.
5. Add the chamomile and lavender essential oils and tightly close the container.
6. Massage 1 spoonful of the scrub into your hands for at least 1 minute before washing with warm water.
7. After that, apply your preferred moisturizer.
8. *For soft, smooth hands, use sit three times each week. Store in a cool, dry location.*

Aloe Vera and Geranium Nail Soak

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 15 MINUTES

This calming soak contains aloe vera and geranium for soft, smooth skin, as well as protein-rich gelatin to strengthen nails organically.

1. One tablespoon gelatin, unflavored 12 cup water brought to a boil 1 tablespoon aloe vera gel (alcohol-free) 4 drops essential oil of geranium Combine the gelatin and water in a large mixing dish. Stir with a spoon or a whisk until the gelatin is completely dissolved.
2. Cool till you're at a comfortable temperature.
3. Combine the aloe vera gel and geranium essential oil in a mixing bowl.
4. Put your hands in the bowl and soak them for 5 to 10 minutes.
5. Remove your hands from the water once it has cooled and pat them dry with a towel. After that, apply your preferred moisturizer.
6. Repeat once a week to keep your nails strong and resistant to cracking and peeling.

Lavender-Sage Hand Salve

YIELD: 8 OUNCES

STORAGE: GLASS JAR OR TIN

TIME: 15 MINUTES

To soothe and cure dry, cracked skin, use this thick salve. This calming solution provides immediate relief whether your hands are overworked or afflicted by an arid climate.

1. Coconut oil; 2 ounces and 5 ounces of olive oil (organic), 1-ounce grated beeswax 6 drops essential lavender oil 6 drops essential oil of sage Over low heat, melt the coconut oil, olive oil, and beeswax in a double boiler.
2. When the coconut oil and beeswax have completely melted, combine them using a whisk or fork, then remove them from the heat.
3. Add the lavender and sage essential oils and mix well.
4. Fill a jar or tin with the mixture.
5. Allow it cool completely before securing the container with a tight-fitting lid.
6. Using clean hands, apply a thin layer.
7. For optimal benefits, apply each evening before bedtime and as needed at other times. Store in a cool, dark location.

HYPERPIGMENTATION

Why not treat hyperpigmentation organically rather than relying on over-the-counter chemical whitening agents? These black patches are caused by the overproduction of natural skin pigment and can be induced by sun exposure, hormone imbalance, vitamin and mineral deficiency, and stress. If they're all over your body, consult your doctor to rule out a serious underlying condition.

Turmeric Facial

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 20 MINUTES

Turmeric is one of the spices responsible for the distinct flavor of Indian cuisine. This herb also aids in the evenness of skin tone. The disadvantage is that it makes you more sensitive to the sun for a few days following treatment. To avoid sunburns, apply sunscreen liberally.

1. One tablespoon turmeric powder 1 teaspoon powdered full-fat milk honey (three teaspoons) Combine the turmeric, powdered milk, and honey in a small dish. Stir with a whisk or fork until everything is well combined.
2. Scrub your face and other hyperpigmentation-affected regions lightly in a circular motion.
3. Allow 15 minutes for the treatment to take effect after scrubbing.
4. Rinse your face well. Apply your favorite cleanser, toner, and moisturizer afterward.
5. Use three times a week until the spots are gone.

It's advisable to use disposable latex gloves for this treatment since turmeric sticks to the whorls and loops on your fingertips and creates discoloration.

Aloe Vera-Lime Mask

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 25 MINUTES

Your granny was correct: the aloe vera and lime combination did help to remove black stains. They lighten excess pigment while sloughing away dead skin and encouraging new cell development when used together.

1. One tablespoon aloe vera gel (alcohol-free) 1 teaspoon lime juice, freshly squeezed. Combine the aloe vera gel and lime juice in a small bowl. Mix until smooth using a whisk or fork.

2. Apply the entire treatment to your freshly cleansed face with your fingertips.
3. Relax for 25 minutes while wearing a paper spa mask.
4. Rep 3 times each week.

Frankincense Facial

YIELD: 1 TREATMENT

STORAGE: NOT RECOMMENDED

TIME: 35 MINUTES

Frankincense essential oil is a valuable addition to your anti-aging arsenal. Honey and yogurt enhance this therapy by hydrating and gently exfoliating the skin to rejuvenate it. Double the dose and apply to the hands, neck, and décolletage for maximum enjoyment.

1. One tablespoon of honey 1 tablespoon of yogurt 1 drop essential oil of frankincense Combine the honey, yogurt, and frankincense essential oil in a small bowl. Blend with a whisk or fork until smooth.
2. Apply the entire therapy to your face and any other places with dark patches with your fingertips.
3. Allow 30 minutes to relax before rinsing with cool water.
4. After that, apply your preferred moisturizer.
5. Repeat 2–3 times per week.

HERBAL REMEDIES AND RECIPES FOR KIDS

INTRODUCTION

To all of the world's children, young and elderly, small and large. May we steward the plants and the ground on which they grow in such a way that they continue in sweet abundance for future generations of plant lovers so that when you walk the country with your grandchild in your hand, you can show them the same sweet medicines of the earth.

Hello, kids! I'm delighted you've decided to join us! We're going to embark on a journey. A journey into the world of plants will discover a magical world of healing and companionship. We'll begin with some fundamentals. What exactly is a herb? What can you do with herbs? Then, over the next seven weeks, we'll learn how to manufacture basic but powerful remedies using children's herbs. We'll also speak about how to create a lovely, whimsical garden, meet our local wild herbal friends, and cook up some tasty foods.

So, are you ready to learn about the herbalism and magic of herbs? It is a lot of fun!

When learning about herbs, you'll come across many interesting (and occasionally weird) terminology. Here's a glossary to help you decipher some of the terms used in this article.

Botanist: Another term for a scientist who is an expert in plants.

Herbalist: A person who promotes wellness and healing by combining plants with other natural ingredients (such as honey and clay).

Tender, fragile plants that die back to the ground each year are known as herbaceous plants.

A woody plant, such as a tree, includes wood and grows year after year.

Culinary herbs are herbs that are used in the kitchen.

According to a botanist, herb Trees and bushes with rigid trunks are examples of woody plants, whereas chamomile and pansies are herbaceous plants.

What if you consult a herbalist? They'd tell you that a herb is any plant that can assist in caring and even healing humans and animals. Herbs include even woody plants like elder and hawthorn trees. These great healing plants can be found all over the world. Useful plants are continually being discovered all around the world.

Not Every Plant Is Safe

You should be aware that while herbs can be beneficial to our health and provide us joy, not all herbs are safe. Some plants are toxic and can cause harm to you. Have you ever come across poison ivy, for example? Poison ivy will cause you a terrible, itchy rash even if you brush up against it. This is one plant that should be left alone! Datura, morning glories, and foxglove are among the plants to avoid.

It can be difficult to distinguish between a dangerous and a safe plant because they can seem similar. Poison hemlock is an example of this, as it closely resembles several other edible plants in the Apiaceae or parsley family, such as wild carrot.

Some helpful plants have a bigger effect on the body than others, and taking too much of a powerful herb can make you sick rather than well. As a result, it's critical that you get permission from a trusted adult, such as your parent, to touch, taste, or use herbs. Always verify with an adult familiar with herbs before assuming that the plant you have is safe.

Humans have been using herbs for tens of thousands of years. People used to utilize herbs for nourishment, curing sick people, and taking care of their bodies. Most people have forgotten about these amazing plants and how to use them nowadays. As a result, you are gaining incredibly unique expertise. It's something you can utilize for yourself as well as for the people you care about. It's almost magical at times!

Herbs can assist you in the following situations:

- You're starving.
- You've got stomach pain.
- You're suffering from a cold.
- You're having trouble sleeping.
- You appear to be depressed.
- You want to have a good time!

I'm not sure which part of the herb I should use. Herbs used in herbal therapy come in various forms, much like the plants from which they are derived! Flowers, leaves, stems, roots, berries, seeds, and even bark may be valuable. Which part of the plant you use is determined by the plant you want to use and the actions that a particular section of the plant gives.

Rose petals and rose hips, for example, can aid you in a variety of ways. The petals can aid with lung infections and will make your heart joyful. Rose petals gently cleanse and soothe the skin (they smell amazing). Rosehips, the fruits of the rose, are abundant in vitamin C, a substance that provides good food to the body and helps you from getting sick.

It's critical to cultivate a relationship with each plant you utilize. But don't worry; learning takes time. Learning about plants is like embarking on an exciting journey that leads you to fascinating locations where you meet various new green friends.

What Can I Do With Herbs?

When you learn more about herbs, you'll discover that they're both enjoyable and simple to employ! Using them in your daily life, such as in cooking and bathing, will provide you with a strong connection with them that will nourish your body and mind deeply.

So, what can you do with them?

1. Making and sipping herbal teas is a delightful way to begin utilizing herbs.

Each herb can be tried as a tea to discover how you like it. Then you can use the same teas to make delightful things like popsicles or even cook with them when preparing something with a water basis, such as soup or smoothies. It's vital to look after the outside of your body, and herbs can be a great way to do so. Put a cup of tea in your bath or use it to make a relaxing foot soak.

2. Herbs can also be used in the kitchen.

Have you ever baked cookies using cinnamon? Perhaps some garlic was put to guacamole or spaghetti sauce? Yes? Then you've cooked with herbs before. Herbs give food a variety of delicious flavours, and many culinary herbs aid in proper digestion. They also have additional beneficial features, such as aiding in the recovery from illness and alleviating gastrointestinal problems.

3. Herbs can be used to treat a variety of ailments.

You may help yourself and people you care about feel better by utilizing herbs as medicine. You'll discover how to utilize herbs properly to help relieve discomfort and aid the body's recovery as you learn more about them. If you have a cold with a headache and are having trouble sleeping, you might want to try a cup of catnip tea. Catnip will aid your body in fighting the infection while also relieving your headache and assisting you in falling asleep.

4. A lot of herbs are just stunning!

People are happiest when they are surrounded by attractive things to look at and smell. That is exactly what herbs are capable of. Part of the charm of herbs is when you smell a rose or a violet and feel your heart lighten.

CHAPTER ONE

HERBAL MEDICINE FOR CHILDREN

My grandma brought me into her gardens when I was a child and introduced me to her weeds. She applied fresh bay leaves on my skin as we went through the aromatic oak forest, promising that it would protect me from poison oak and deter the mosquitoes from swarming over us. She used the fresh juice of the nettle plant to heal the painful welts when I fell in the nettle patches. Her lessons were straightforward. Her words went deep and took root in my heart, strong like her. My grandmother's charm in the garden of my childhood has lingered with me all my life, and I've continued my trek into the green. I've studied the healing potential of herbs with several excellent teachers, travelled to numerous locations with rich herbal histories, learned about a plethora of new plants, and studied both the science and the art of herbal healing. Even still, the lessons I learned as a child from my grandmother have remained among the most influential in my life. I want to pass on to you and your children those basic yet important teachings. Most people develop a great appreciation for Mother Earth and a more balanced way of life due to studying herbs and using plants for health and well-being. Suppose we instil a love of the ground and respect for plants and nature in our children at a young age. In that case, they will grow up with a much stronger sense of balance and participation, especially in this day of technology and disconnection from nature. Children, in particular, require and benefit from a close relationship with plants and the great outdoors in what has been dubbed a "nature-deficient" society. One of the most practical and extremely beneficial ways we may connect directly with nature is through the ancient practice of plant therapy. And learning to connect with nature as a child is a lesson we take with us for the rest of our lives.

Using Herbs to Treat Children's Illnesses

Herbs are not only amazing instructors for our children, but they also provide an effective and compassionate healing mechanism for them. The healing energy of herbs affects children's bodies naturally and rapidly. Herbs, when used correctly, do not disrupt the delicate ecological balance of children's bodies (as much modern medicine does) but instead operate in harmony with their systems. Herbs and conventional medicine, contrary to popular belief, are not antagonistic; they are complementary healing methods. Herbs are fantastic for resolving minor aches and pains, nourishing the body so that it is better able to ward off and fight infection, and helping to restore constitutional wellness.

On the other hand, allopathic medicine is a superior approach for life-threatening sickness and the speedy management of acute symptoms. Though allopathic medicine can work swiftly, effectively, and efficiently, it has a singular healing goal: to eliminate symptoms as quickly as possible before they cause harm. Unfortunately, as we are finding, the harm is frequently caused by the medicine. Pharmaceutical drugs are powerful, especially in the little bodies of youngsters, and might have unfavourable side effects. Of course, medicines should be used as necessary, but gentle; time-tested herbal therapies should be used instead whenever possible. Herbal medication is effective and environmentally friendly (it does not pollute the environment). Waterways and soil, as modern drugs are known to do) and cost-effective (you can even grow much of your own medicine!).

If you plan to treat yourself and your family with both herbal and allopathic medicines, make sure your doctor or health care provider is experienced with both systems and talk with him or her if you have questions about whether it's safe to combine the two. The herbs listed in this book have no unfavourable interactions with medicines, and they are gentle and safe to use even with little children. However, if you want to use other herbs and natural therapies, you should seek the advice of skilled holistic health care professional.

When Should You Use Herbs?

Simple problems like colic, rashes, teething, and ordinary scrapes and bruises can all be treated with herbs, as can the many common illnesses that children get, such as ear infections, colds and flu, stomach bugs, and chickenpox. When dealing with more complex health issues, herbs can also be utilized to supplement allopathic medicine. If herbal therapies do not produce the desired outcomes, allopathic treatment should be considered as the following step.

When Should You Seek Medical Attention?

Allopathic medicine is a fantastic emergency or crisis-oriented system, and it is by far the greatest medical system for critical and life-threatening situations. While your child is healthy, create a relationship with a holistically-minded paediatrician so you'll be prepared if a condition arises that requires medical attention. If your child is

experiencing any of the following symptoms, seek medical attention:

- Isn't responding to the herbal remedies you've tried.
- Acute fever of more than 102°F/39°C, persistent low-grade fever, bleeding, disorientation, severe dizziness, unconsciousness, or severe stomach pain are all indicators of serious illness.
- Is tired and sluggish, unresponsive, or difficult to wake up.
- He or she has a stiff neck and a headache and can't connect his or her chin to his or her chest. The fontanel (a soft region on top of the skull) may also swell in newborns. These could be early indicators of meningitis, which necessitates medical attention right away.
- Recurrent ear infections are a problem for her.
- Has trouble breathing or develops a blue ring around the mouth.
- Dehydrates to the point of dehydration. Dry lips, dry mouth, and an absence of urinating for more than 6 hours are all warning indicators.
- Shows signs of a strong allergic reaction, especially after being stung by a bee or eating something new. Breathing or swallowing difficulties, flushing or redness of the face, swelling of the face or tongue, nausea or vomiting, severe abdominal discomfort, palpitations, anxiety, or other odd responses are all warning symptoms.
- Has crimson stripes on the skin that appear to be emerging from an illness; this could indicate blood poisoning.
- Has a severe burn, double the size of the child's hand or any other burn that appears to be infected.

Getting a Better Understanding of Herb Safety

Parents are generally willing to use herbs themselves and are even comfortable promoting them to others, but they are apprehensive about their children. While herbal remedies can be just as effective as pharmaceuticals in many cases, as well as being safer and having fewer side effects, parents frequently choose allopathic medication because "that's what the doctor ordered," and they're hesitant to look outside the traditional medical establishment when it comes to their children's health. What is the safety of pharmaceuticals? According to the American Association of Poison Control Centers, approximately 1,500 people die each year in the United States due to legally prescribed prescription medications, making them the country's fourth-largest cause of mortality. When we factor in the estimated 1,000 deaths per year due to prescription side effects, we arrive at a staggering 2,500 medication-related deaths each year. What about the use of herbs? How many calls concerning them does the AAPCC receive? The AAPCC receives so few calls regarding poisoning from herbs and herbal treatments, according to recent statistics, that they don't even have a separate category for them. We don't have to pick between the two medical systems, thankfully. Traditional herbal medicine and modern allopathic treatment both have immense therapeutic potential, and each complements the other. They work together to produce a comprehensive health and healing system, each with its own set of strengths and weaknesses. Knowing when to use herbs and when to use pharmaceutical drugs, on the other hand, is critical.

Idiosyncratic reactions

Herbs are among the safest medicines on the planet. This isn't to say that there aren't any poisonous plants or herbal treatments that can cause harm. However, because the herbs we use now have been used by people worldwide for millennia, we have a strong understanding of how they work on the human body and the reactions they induce. (Once again, only the safest herbs with a lengthy history of use are included in this book.) Occasionally, a herb will cause an individual to have an unusual reaction. This doesn't make the plant poisonous; it's just a bad decision for that person. Strawberries, for example, a delightful fruit, are sweet nectar to some and poison to others.

Using Herbs Wisely to Avoid Hysteria

There have been numerous studies recently about the toxicity of herbs. Even totally safe herbs like chamomile and peppermint are being added to the "blacklist." The reason for this isn't that more people are taking herbs (as is commonly assumed), but that individuals are using herbs in methods that allow for much higher concentrations of dosages than would be expected by common sense. Herbs were traditionally consumed as teas, syrups, and tinctures. These formulations use only a small amount of the whole herb. Herb capsules, which pack vast amounts of herb into little pills, allow for massive dosages, whereas standardized preparations contain highly concentrated extracts of certain plant ingredients — not the entire plant — with concentrations much beyond those found in nature. Until recently, these types of concentrated dosages were not available.

You may be confident in the safety of medicinal herbs for your child — indeed, for your entire family — because

they have been used for millennia. However, use herbal therapies with caution:

- Only use herbs with a proven track record of safety.
- Follow the dose recommendations in this book.
- If you feel a herb is causing an atypical reaction, you should stop using it.
- Consult your holistic health care provider if you're unsure, or your youngster isn't responding to herbal therapies.

CHAPTER TWO

THE BEST HERBS FOR CHILDREN

Almost every herb safe for an adult is also safe for a child if the dosage is modified to account for the child's smaller size and weight. On the other hand, herbs with a gentler action are better suited to children's sensitive constitutions. The herbs in this chapter are the ones that are most frequently suggested for children. They're typically thought to be safe and harmless, with no lingering effects or side effects in the body. These "gentle" plants can be extremely powerful and effective, but they are less abrasive than other therapeutic herbs or medications. These herbs generally promote the body's intrinsic ability to repair itself through strengthening the immune system, fortifying the neurological system, and in a variety of other ways. They should be the cornerstone of children's natural health care.

Anise (Pimpinella anisum)

Parts used: The seeds are the most important part, but the leaves are also useful.

Benefits: Anise has been cultivated for over 4,000 years and has a long medicinal plant and culinary spice history. It's generally utilized as a warming digestive aid and carminative (gas-expelling) herb. It can also treat minor urinary infections and as an expectorant (a substance that helps discharge mucus) for respiratory problems. It has a sweet licorice flavour that most kids appreciate.

Suggested uses: Tea can be used to treat colic and other digestive issues. Anise is frequently combined with less tasty herbs to make them more appealing due to its sweet flavour. It makes a delicious syrup.

Astragalus (Astragalus membranaceus)

Part used: roots

Benefits: Astragalus is the young person's ginseng because of its adaptogenic (resistance-building) and toning properties. Astragalus stimulates the deep immune system by helping to repair the bone marrow reserve that regenerates the body's protective shield, while echinacea helps the immune system's initial line of protection. Numerous studies have demonstrated its efficacy in assisting young children who are undergoing chemotherapy or radiation therapy.

Suggested uses: Astragalus is best used as a tea to assist patients in overcoming long-term illness and poor energy and maintain and strengthen immunity. The root resembles the tongue depressants prescribed by doctors, and children may enjoy chewing on it like a licorice stick. It can be added to soups and broths by simply placing a root or two (whole or chopped) in a pot and simmering for several hours.

Catnip (Nepeta cataria)

Parts used: leaves and flowers

Benefits: While catnip causes pleasure spasms in cats, it is a wonderfully soothing herb for humans and is used to alleviate a variety of stress. It's particularly good for decreasing fevers and alleviating teething pain. It's also a digestive medicine that helps with indigestion, diarrhoea, and colic. Because catnip is peaceful, relaxing, pain alleviating, and mild, it is widely suggested for youngsters.

Suggested uses: Teething pain might be relieved by drinking this tea throughout the day. To make catnip more appetizing, combine it with plants with a pleasant flavour, such as oats and lemon balm, or mix it with fruit juice. Before meals, take a few drops of catnip tincture as a digestive help. Before sleep, a few drops of the tincture can help settle a cranky kid. This is one of the greatest herbs for reducing childhood fevers; it can be used as a tincture or an enema.

Chamomile (Matricaria recutita, Anthemis nobilis, and related species)

Parts used: The blooms are the most important part, although the leaves are also useful.

Benefits: This tiny plant is a miracle worker when it comes to healing. It possesses a high concentration of essential oil that functions as a potent anti-inflammatory agent in its flowering tops. The flowers produce a beautifully relaxing tea that is also helpful for the digestive system. It's especially beneficial for digestive issues brought on by

stress, such as colic.

Suggested uses: To soothe a tense or nervous youngster, provide chamomile tea sweetened with honey throughout the day. A massage oil prepared with chamomile essential oil can be used for similar relaxing benefits and relieve painful, achy muscles. A few drops of chamomile tincture before feeding time will assist digestion.

Caution: Even though chamomile is generally believed to be safe, it is a part of the composite family, and some people are allergic to plants in this family. Do a before introducing chamomile to your child if he or she is really sensitive and allergic.

Dill (Anethum graveolens)

Parts used: primarily the seeds, but the leaves are tasty.

Benefits: Dill gets its name from the Old Norse word Dilla, which means “to lull.” It has a reputation for relaxing and reassuring babies and toddlers. Dill is a terrific digestive aid, and it’s even better in getting rid of gas. It’s one of the most well-known herbs for helping youngsters with gastrointestinal discomfort, colic, and anxious digestion. Dill is high in manganese, magnesium, and iron, and it also includes calcium.

Suggested uses: Dill is a widely used culinary herb. It’s also good in tea, either alone or in combination with other herbs.

Echinacea (Echinacea angustifolia, E. purpurea, and related species)

Parts used: roots, leaves, flowers, and seeds.

Benefits: Echinacea boosts the body’s first line of defense against infection by enhancing macrophage T-cell activation. It’s one of our most vital immunity boosters and infection fighters. Despite its potency and effectiveness, it is also safe for youngsters to use, with no documented negative effects or residue buildup.

Suggested uses: Echinacea is most effective when administered at the outset of infection or when precautions are necessary (for example, if everyone at daycare is sick, keep your child home and give her echinacea!). Give echinacea in tea or tincture form at the first sign of a cold or flu to increase immunity and help ward off the infection. It works best when given in tiny, frequent doses; for example, adults should take a teaspoon of tincture or a cup of tea every 30 to 40 minutes, with a child’s dosage adjusted appropriately (see). It can also be used as a tea or tincture to treat respiratory and bronchial infections in children, as well as in a spray to relieve sore throats. Use the tea or diluted tincture as a mouthwash flavoured with peppermint or spearmint essential oil for sore gums and oral inflammation. While echinacea is most effective when taken orally, it can also be used externally to treat skin diseases as a wash or poultice.

Caution: Echinacea, like chamomile, belongs to the composite family and can produce allergic reactions in some people. Do a before introducing echinacea to your child if he or she is really sensitive and allergic. Note: Due to the high demand for this herb, it has been ruthlessly plundered from its natural environment and is becoming increasingly scarce in the wilds; therefore, avoid wild-harvested echinacea. Instead, go with a reputable company that sells cultivated echinacea, preferably organically grown. Even better, cultivate your own.

Elder (Sambucus nigra)

Parts used: berries and flowers.

Benefits: During flu season in Europe, you’ll see a wide range of elderberry remedies on the drugstore shelves. Though every part of the plant has a purpose, my favourite is the rich blueberries. The berries are high in both vitamin A and vitamin C, and they play an important role in immune system health. They also have a lot of flavonoids and anthocyanins, which protect the heart and boost the immune system. In addition, the berries (as well as the blossoms) have antiviral qualities. Elder is typically used to treat colds and flu, but it can also treat upper respiratory infections. It’s frequently mixed with echinacea in immune-boosting treatments.

Suggested uses: Elderberries provide some of the greatest syrup you’ll ever taste, and it’s also useful as a medicine (see). Elderberries also create a pleasant and colourful immune-boosting tea (it will need to be sweetened or mixed with fruit juice to appeal to most children). The blossoms are frequently used in fever-relieving drinks.

Caution: There are numerous types of an elder; choose the one with blue blossoms rather than red. The red elder is a

somewhat poisonous plant. Blue elderberries should be cooked rather than raw, as the seeds contain a minor toxin that can cause gastrointestinal discomfort and even poisoning if consumed uncooked in large quantities.

Elecampane (Inula helenium)

Part used: roots.

Benefits: Elecampane is an expectorant (a substance that clears mucus from the lungs and relieves congestion in the respiratory system) that can be used to treat coughs, bronchitis, and persistent lung infections. When used with echinacea, licorice, and marshmallow root, it is extremely beneficial for coughs. Add a little valerian, a muscle relaxant, to the combination if the cough is extremely spastic or repetitive. Try treating a respiratory or bronchial infection with a mixture of elecampane and pleurisy root if it doesn't respond well; this combination is often successful for even the most stubborn lung infections.

Suggested uses: Elecampane isn't extremely tasty, so use your imagination when cooking it for kids. To make tea, it can be combined with other more flavorful herbs, such as licorice and marshmallow root. Sweeten with honey or maple syrup and a pinch of cinnamon. If you're going to use the elecampane-pleurisy combo, combine the tinctures in equal parts and drink it with water, tea, or fruit juice.

Fennel (Foeniculum vulgare)

Parts used: primarily the seeds, but the leaves and flowers are also used.

Benefits: This licorice-flavored herb is well-known as a carminative and digestive aid and for its capacity to enhance and enrich milk flow in nursing mothers. Fennel is also an effective antacid, neutralizing excess acid in the stomach and intestines and clearing uric acid from the joints, reducing inflammation and arthritic pain. It's a wonderful digestive aid that helps with digestion, appetite regulation, and gas relief.

Suggested uses: Fennel tea is a delicious way to cure colic, improve digestion, and eliminate gas from the system. Nursing moms can boost and enrich their milk flow by drinking two to four cups of tea every day. Use a wash of warm fennel tea that has been strained well through a fine-mesh strainer to treat eye irritation and conjunctivitis. Fennel is frequently mixed with other less aromatic herbs to make them more appealing because of its sweet licorice-like flavour.

Hawthorn (Crataegus oxyacantha, C. monogyna, and related species)

Parts used: fruits, flowers, leaves, and young twigs.

Benefits: Hawthorn, which is high in antioxidants, aids in developing a strong immune system. It is thought to be a superb heart tonic since it strengthens and nourishes the heart. Hawthorn is effective as a preventative for heart disease and treatment for heart disease, oedema, angina, and arrhythmia. It can also be helpful in times of loss and can help us get through difficult situations in life. Hawthorn is a wonderful herb for youngsters, despite its reputation for adults with heart problems and the elderly. It nourishes the blood, boosts the immune system, promotes clear vision, and can help a youngster cope with grief and loss.

Suggested uses: When turned into a sweetened syrup or jam, hawthorn is delicious. When combined with other herbs like hibiscus, oats, and lemon balm, it produces a delicious tea. Because it has an astringent flavour, it may need to be sweetened. Alternatively, you might use it as a tincture.

Hibiscus (Hibiscus sabdariffa and related species)

Part used: flowers.

Benefits: Vitamin C, bioflavonoids, and antioxidants are abundant in hibiscus flowers. It aids in restoring and maintaining overall health and immune support function and prevents colds and cases of flu. It can also treat mild anaemia and impaired circulation because of its high bioflavonoid and vitamin C content. The brilliant red colouration of the hibiscus flower makes it a great source of anthocyanins, which are beneficial to vascular health. The flower has long been used in North Africa to preserve respiratory health and treat respiratory infections and sore throats in many methods. Aside from that, hibiscus tea is one of the most beautiful natural beverages, and most youngsters appreciate it.

Suggested uses: The ruby-red tea is made from the huge hibiscus blossoms. The flavour is tart with a sweet aftertaste, and children may prefer it sweetened. Make a thick syrup out of hibiscus flowers (see) and mix it with sparkling water for a brilliant red drink. It's tasty and refreshing, plus it's also good for you!

Lemon balm (Melissa officinalis)

Part used: leaves.

Benefits: This delightfully scented member of the mint family is one of nature's best nervine herbs, calming, antiviral, and antibacterial. It is one of the most important natural antiviral plants, and it is used as a light sedative in times of depression and mourning. It's very good for recurrent herpes, shingles, and thrush outbreaks, and it can also be used as a preventative if taken regularly.

Suggested uses: Though lemon balm can be dried, the flavour is finest when it is fresh. Lemon balm can be tinctured or encapsulated, but it's most commonly tea due to its refreshing, agreeable flavour. The tea can be used with lemon and honey throughout the day to relieve stress and anxiety and prevent herpes, shingles, and thrush (all related viral infections). Any viral infection, including measles and mumps, requires this treatment. Combine equal parts lemon balm, oats, and chamomile to make a delightful nervine tonic tea. Hawthorn can be added to this blend to help someone who is grieving. To treat mild to moderate depression, add St. John's wort to the mix. Fresh lemon balm makes a wonderful syrup (see), which may be used to make a delightful spritzer or all-natural soda by mixing it with sparkling water.

Licorice (Glycyrrhiza glabra)

Part used: roots.

Benefits: Licorice has high antiviral qualities, making it a great treatment for herpes, shingles, thrush, measles, and mumps, among other viral infections. For this purpose, it is frequently mixed with lemon balm. It is a calming and therapeutic cure for sore throats, respiratory, viral, and gastrointestinal inflammations such as ulcers due to its high gummy content and antiviral and anti-inflammatory qualities. It also has modest laxative qualities, making it useful for mild constipation.

Suggested uses: Licorice is a sweet herb frequently mixed with other herbs to make them more appealing. On the other hand, licorice root is often overly sweet when consumed alone; therefore, it is combined with other herbs to reduce the sweetness. Licorice makes a delicious syrup (see) that can be used with sparkling water to make a refreshing soda. Children adore chewing on licorice sticks, and you can even give a teething baby a "stick" of licorice root to gnaw on — though you may need to give the root a few "chews" yourself to soften it enough for the child to bites on. It can usually keep a teething baby occupied for a short period.

Caution: Those with hypertension or Syrups renal/bladder problems, as well as anyone undergoing steroid therapy or using the medicine for a heart or kidney ailment, should avoid licorice.

Marshmallow (Althaea Officinalis)

Parts used: The roots are the most valuable part, but the leaves and blooms are also useful.

Benefits: Marshmallow, like slippery elm, can be used in herbal medicines as a relaxing, cooling demulcent, but it is much more readily available and easy to grow. Marshmallow root is antimicrobial as well as anti-inflammatory. It soothes swollen, irritated membranes and is frequently used in tea blends and tinctures to treat sore throats, respiratory infections, and digestive irritation.

Suggested uses: For sore throat, digestive irritation, bronchial inflammation, diarrhoea, or constipation, make a tea with it. Marshmallow is a urinary tract tonic that is frequently prescribed for urinary tract and bladder infections. It can also be used externally: make a thick paste with water to heal burns and irritated skin, or mix it with oatmeal to make a soothing wash or bath for irritated, itchy, dry skin.

Nettle (Urtica dioica)

Parts used: Fresh leaves and young tops are the most common ingredients, but roots and seeds are often used.

Benefits: Nettle has a wealth of vitamins and minerals. It's a particularly good source of iron and calcium, and it's used to help pregnant and nursing women regain these vital nutrients (for this purpose, mix it with raspberry leaf,

another good nutritious and a female reproductive tonic). The calcium in the nettle is in a biochelated state that is easy to absorb, making it particularly beneficial for stress relief and nerve healing. When combined with creamy green oats, it is extremely good for nerves. Nettle is also beneficial for tissue and bone healing and is frequently used with oats and horsetail for this purpose. It helps maintain dense bone growth and can help ease growing pains in young children due to its high calcium and mineral content. It is also a great treatment for allergies and hay fever, and some people have reported that it works wonderfully for them. The herb nettle root is well-known among men for its ability to enhance prostate and sexual health.

Suggested uses: Nettle is commonly boiled, tossed with olive oil, lemon juice, and a pinch of feta cheese, and served as a mineral-rich side dish during meals. It can be used in any recipe that calls for spinach or other cooked greens. It must, however, be steamed entirely and thoroughly; otherwise, it will “sting” if undercooked. The little hairs on the underside of the nettle leaf and the stems are packed with formic acid, which causes the skin to swell and results in a painful, itchy rash, similar to that caused by bee stings. Wear gloves when picking nettles, avoid brushing up against them, and teach your children to appreciate this plant. If someone is stung, use a poultice made from plantain leaves to pull the poisons out. Although nettle can be used as a tincture or tea to treat allergies, freeze-dried nettle appears to be the most beneficial. Combine freeze-dried nettle capsules with nettle tea and tincture when possible for a more potent impact.

Oats (Avena sativa)

Parts used: oats and stalks.

Benefits: Green milky oats are one of the best nourishing tonics for the nervous system, and they’re indicated for nervous weariness, stress, and general irritability and grumpiness. Milky oats are high in silica and calcium, as well as having mucilaginous characteristics. They are very beneficial for nervous system abnormalities.

Suggested uses: Both the milky green oats and the oat stalks create a delicious tea when used alone or in combination with other herbs like lemon balm, hawthorn, and hibiscus. When brewed double to triple strength and then blended with fruit juice, it’s excellent. Children who are tense, hyperactive, and stressed and continually disturbed or irritable should drink oat tea. Oatmeal baths are good for dry, itchy skin and skin irritations because of their high mucilaginous content.

Milky Oats: Herbalists favour creamy green oats collected before they are fully ripe for medicinal purposes. They’re dubbed “milky” because small droplets of milk fly out when you press on the oats. Fully ripe oats, on the other hand, have numerous purposes. Oatmeal cooked from mature oats is nourishing and comforting, making it a great meal for individuals recovering from illness. For dry, itchy skin and skin irritation, these products are indicated. For dry, itchy skin and skin irritation, oatmeal baths are advised.

Peppermint (Mentha piperita)

Parts used: leaves and flowers.

Benefits: Peppermint is a refreshing burst of pure green power. There are stronger stimulants out there, but few are as revitalizing and refreshing as peppermint. Peppermint is frequently used in brain tonics. It’s also often used as a digestive aid, and it works well to relieve nausea and stomach pains.

Suggested uses: Use this blend when youngsters have tummy problems, sluggish digestion, or need a boost of bright vitality. Peppermint can be consumed as a tea, tincture, or mouthwash. It also forms a delectable syrup that can be mixed with sparkling water to make a refreshing drink. I frequently have children nibble on the plant’s refreshing, sweet leaves when I expose them to it in the garden. Peppermint essential oil is also incredibly healing and beneficial; but, because of its potency, it should be used with caution, especially with children. For a youngster who is vomiting, a drop of the essential oil mixed with a little water creates a refreshing and stomach-settling mouthwash that helps clear the mouth of the foul taste.

Red clover (Trifolium pratense)

Parts used: flowering top and leaves.

Benefits: Red clover, one of the best respiratory tonics, has long been used to treat children with chronic chest ailments, such as recurrent coughs, colds, and other respiratory problems. The minerals in red clover are very

abundant, including calcium, nitrogen, and iron. It's a traditional "blood purifier" used to cure blood, heart, and liver problems. All skin disorders, including psoriasis, eczema, and dry, itchy skin, benefit from it.

Suggested uses: Make a wonderful sweet-flavoured tea with red clover. To treat persistent respiratory disorders, combine it with other respiratory tonic herbs like mullein and elecampane. For skin problems, red clover works well with oats and lemon balm, and for blood and heart problems, it works well with hawthorn and hibiscus. In cases of congestion or growths on or in the body, such as cysts, tumours, and fibroids, red clover tea or tincture is indicated as a blood purifier. It can also aid with hay fever and allergies and is frequently used in conjunction with nettle for this purpose.

Caution: Red clover should not be used by anyone on blood-thinning medications, haemophiliacs, or people who bleed a lot, as it may aggravate the problem.

Red raspberry (Rubus idaeus)

Parts used: leaves, young shoots, and fruits.

Benefits: Raspberry leaf has a long history of use as a male and female reproductive tonic. It is also a well-known tonic for women during pregnancy and childbirth, as it helps to minimize heavy menstruation and vaginal bleeding. Raspberry leaves are high in vitamins and minerals, including calcium and iron, making them particularly beneficial to pregnant and nursing women, babies, and children. As a tonic tea for pregnant and nursing mothers, the leaves are sometimes combined with other nourishing herbs such as nettle, oats, and red clover.

Suggested uses: Raspberry leaf tea or tincture can aid diarrhoea and dysentery because of its astringent characteristics. A mouthwash made from the raspberry leaf, white oak bark, and spilanthes is good for sore or inflamed gums.

Rose (Rosa canina and related species)

Parts used: primarily the seeds (rose hips), but the leaves and flowers are also used.

Benefits: Rose hips have a higher concentration of vitamin C than virtually any other herb and several times that of citrus fruit. Vitamin C is a well-known antioxidant with anti-inflammatory properties. Rose leaves are astringent and toning, making them popular in cosmetics. Many therapeutic formulae, as well as love potions and floral essences, contain the blossoms.

Suggested uses: Make a vitamin-rich syrup or jam with fresh rose hips. Dried seedless rose hips can also be made into a delightful raw jam (see the recipe on the next page). Rose hips are also used to make mild and sweet tea.

How to Make Rose Hip Jam: Making raw rose hip jam is straightforward and does not require cooking. It's so simple to create that even small toddlers can do it independently – and usually enjoy it! Start with dried rose hips that have been deseeded, which can be found at most herb stores. (You can deseed and dry rose hips yourself, but it takes time.)

Take the Following Steps

1. Half-fill a pint jar with dried deseeded rose hips.
2. Fill the jar three-quarters full with apple juice or cider, leaving an inch or two of space between the rose hips and the liquid.
3. Cover the jar with a cover and set it aside for several hours or overnight at room temperature. The rose hips will absorb the juice and thicken into a jam-like consistency.
4. This jam usually doesn't need any further sweetening, but add a teaspoon or two of maple syrup or honey if it does. If you want to add more taste, you can add ground cinnamon and other wonderful herbs. But I like it precisely the way it is – delectably basic and straightforward.
5. Store in the refrigerator for 2 to 3 weeks in a glass jar with a tight-fitting lid. Allow your kids to devour it by the spoonful!

Slippery elm (Ulmus fulva, U. rubra)

Part used: inner bark.

Benefits: *Ulmus fulva*, the slippery elm tree, has a velvety, mucilaginous inner bark that is one of the most beneficial medicines for calming any inflammation, internal or external. It's especially beneficial for burns, sore throats, respiratory infections, and digestive issues. It can also be used to relieve diarrhoea and constipation-related irritation. It's still used in tablets to relieve sore or irritated throats.

Suggested uses: Sliding elm's sweet flavour pairs nicely with liquorice, fennel, and cinnamon to create a pleasant, relaxing throat and stomach tea. Soak the bark in cold or cool water overnight, or simmer for 10 to 15 minutes to prepare the tea. Powdered slippery elm can be mixed with oatmeal for debilitated or ill patients to form a calming, readily digestible, and therapeutic gruel. The powder is extremely simple to incorporate into. You can also manufacture a sort of "syrup": 1 tablespoon slippery elm powder, 1 teaspoon cinnamon powder, 1 cup warm water, and 1 tablespoon honey. In a blender, thoroughly combine all ingredients. This syrup will be thick; while adults loathe the slimy feel, youngsters often enjoy it! Use as a cough suppressant and to aid in the recovery of health following an illness.

Caution: Because slippery elm is currently on the United Plant Savers' at-risk list, it was a difficult decision to include it in this chapter (see in the Resources). When nothing else works, a small amount of slippery elm powder can help relieve a kid's swollen sore throat or digestive troubles or help a youngster who has been sick for a long time regain his or her health. Just use it sparingly and only when necessary. Use another herb with similar qualities, such as marshmallow root, wherever possible. Also, only buy slippery elm produced on a farm or ethically collected (from fallen limbs).

Spearmint (*Mentha spicata*)

Parts used: leaves and flowers.

Benefits: Spearmint is a popular mint because it is cooling, refreshing, and uplifting. Children generally prefer spearmint over peppermint since it is gentler. It creates a delightful and refreshing tea that can help improve a person's emotions and lift their mood.

Suggested uses: After sickness, especially vomiting, use spearmint to "sweeten" the stomach and breath. Add a drop of essential oil to water or make a cup of fresh tea and rinse your mouth many times with it. Spearmint makes a delightful syrup that may be mixed with sparkling water for a light, energizing drink; the fresh leaves, too, are delicious in iced tea. Spearmint honey can be made by mixing fresh leaves with honey: Layer, a couple of inches of fresh spearmint, leaves in the bottom of a pint jar. Warm the honey and drizzle it over the leaves. Cover with a lid and set in a warm, sunny window for several days, or until the honey has a minty fragrance and flavour. Leave the leaves in the honey or scoop them out. Add a teaspoon or two of this honey to hot water to make an "instant tea." Alternatively, honey can be used to sweeten and flavour different teas.

Stevia (*Stevia rebaudiana*)

Part used: leaves

Benefits: Stevia is truly a wonder herb. It is fifty times sweeter than sugar, has no calories, does not promote tooth decay, and can be used to treat hypoglycemia and hyperglycemia – it not only sweetens but also helps stabilize blood sugar levels. Furthermore, stevia is an effective treatment for pancreatic imbalances and may be consumed by most diabetics without producing blood sugar problems.

Suggested uses: Because stevia is extremely sweet, it must be combined with other plants to make it edible. If you add more than 2% to a tea blend, it will usually dominate the flavour, so use it sparingly. On the other hand, children who enjoy stevia's highly sweet flavour are frequently discovered "grazing" on it!

Wild cherry (*Prunus serotina*)

Part used: inner bark

Benefits: One of the few herbs still included in the United States Pharmacopeia's annual drug reference is wild cherry bark, one of the most well-known cough treatments and expectorants. Many commercial cough medicines still contain it. It also aids digestion and encourages regular bowel movements.

Suggested uses: For coughs and colds, wild cherry is used in teas, syrups, and tinctures. Combine it with elderberries, which have antiviral and immune-boosting effects. For those persistent lingering coughs, use it with

elecampane. Mix wild cherry bark with elecampane and pleurisy root for deep bronchial infection; this triple-powered combo will heal most deep-seated bronchial infections.

Caution: Collect the soft inner bark from fallen limbs after a storm to avoid harming the magnificent trees. If you debark around a tree's trunk, it will die.

CHAPTER THREE

TREATING COMMON CHILDHOOD AILMENTS

You can typically notice when your child is worried, anxious, or out of balance, and thus more susceptible to disease, by closely observing him or her. Illness seldom happens by chance; it usually results from an overworked immune system, emotional instability, lack of sleep, inadequate cleanliness, bad nutrition, or allergies. Sometimes disease develops as a result of a child having too much pleasure whirling through life. Children often live in a state of passion and excitement, and the energy required to maintain such high activity levels can drain and deplete even the most exuberant spirits. Every child is born with both strengths and faults. Early in life, keep an eye out for these trends. While health and wellness concerns are identified and handled when a kid is young, they can frequently be remedied and turned into strengths rather than disadvantages as the child grows older. However, if left untreated, these developmental issues can grow into chronic illnesses that can last a person's entire life. So please pay attention to your child's energy levels as they rise and fall. Observe your child as the seasons change, noting which seasons bring which unique health issues. Make a list of the illnesses that your child appears to be most prone to. This will assist you in becoming more aware of your child's health trends and empower and enable you and your child to stay one step ahead of the game, focusing on wellness rather than disease. The treatments and therapies in this chapter will help you and your family get through all of childhood's common maladies with as much grace, resiliency, immune-building support, and, sometimes, sleep as possible. Please keep in mind that this information is intended to supplement, not replace, the professional counsel of your family health care practitioner. Please check with your paediatrician if your child's condition worsens rather than improves.

Teething

Teething is unavoidable for all children, causing varying degrees of discomfort. Even though it is not a disease, it is a time of great frustration for both parent and child — for parents because it appears that no matter how hard they try, they can't make their child feel better, and for the child, because he or she is going through one of life's early pains, and it hurts! Teething can cause a variety of symptoms. Fever, diaper and other rashes, severe irritability, and diarrhoea are all common symptoms. Follow the suggestions in this book to treat each symptom appropriately, but keep in mind that the most important lesson here is support. Teething is a natural part of life, as we all go through many other life cycles. It is the child's first experience of "biting in," her ability to deal with life's stress and to rely on both her abilities and the support of family and friends. Thousands of human babies have gone through this, and yours could be next. The benefits will include a beautiful set of healthy teeth and the opportunity to enjoy one of life's greatest pleasures: delicious food. Some of my favourite herbal teething solutions are included on the following pages.

Catnip Tea

During teething, this is an old standby for both the child and the parent. Catnip is calming to the nervous system and aids in the relief of acute discomfort and teething fever. Administer in modest quantities as a tea or tincture regularly (dilute the tincture in warm water). Because the tea isn't particularly pleasant, you may have to get creative to encourage your youngster to drink it. Combine catnip with other milder, better-tasting nervines like chamomile, rose, passionflower, or lemon balm in a tincture. Alternatively, combine it with apple juice and freeze it to make herbal popsicles. You can also create a strong tea and soak a clean wet cloth in it, then lay the cloth in the freezer until it's almost frozen but still soft enough to chew on; then let your child chew on this "teething rag" when it's almost frozen but still soft enough to chew on. In his equally famous book *Back to Eden*, the legendary 19th-century herb doctor Dr Jethro Kloss wrote that if every mother had catnip tea on her shelf, she would spare herself "many sleepless nights and doctor's costs, as well as save the baby much pain." He was especially considerate of the mother, and as a result of his counsel, I always recommend a tea blend of catnip, lemon balm, and passionflower to parents of teething children.

Calcium-Rich Tea

During the teething time, a high-calcium blend is highly beneficial to provide to a youngster. It works best if it's

given a few weeks or even months before teething starts. Calcium aids in creating healthy bones, tissues, and ligaments and soothing and calming the nervous system.

High-Calcium Tea

High-Calcium tea is a great way to get high-quality, naturally biochelated calcium and other key minerals into your diet. It's also good for kids going through growth spurts or healing from a bone or muscle injury.

INGREDIENTS

2 parts lemon balm leaf

2 parts green milky oats

2 parts rose hips

1 part nettle leaf

1 part raspberry leaf

$\frac{1}{2}$ part cinnamon bark

$\frac{1}{4}$ part horsetail leaf

Pinch of the stevia leaf to sweeten (optional)

INSTRUCTIONS

1. Mix the herbs and keep them in an airtight container.
2. To use, make an infusion according to the recommendations. Administer according to the size and age of the kid, as outlined in the.

Rose Hip Syrup or Jam

Rose hips are somewhat anti-inflammatory, and taking rose hip syrup or jam regularly can help with teething difficulties. Rosehips, high in vitamin C, help the baby's immune system during this difficult time. For newborns, four to six drops of rosehip syrup or a tiny spoonful of rosehip jam should be given every hour. Give 100 to 200 mg vitamin C in acerola tablets daily to older children, as well as frequent teaspoon doses of rosehip syrup or jam. Follow the guidelines to create the syrup and to make the jam.

Hyland's Teething (and Colic) Tablets

For children, Hyland's makes an excellent homoeopathic teething medication. Interestingly, while Hyland's teething formula is excellent, many parents have stated that the company's colic formula is even more useful for teething newborns. For teething problems, I usually recommend Hyland's colic formula. Try both and see which one suits you best.

Herbal Pops

Teething children will enjoy sucking on frozen catnip or chamomile tea pops. The ice numbs the gums and relieves pain, while the herbs soothe the nerves. Kids often love these pops, who will suck on them until the discomfort goes away and they can gurgle contentedly again. To make it more appealing to your youngster, combine the tea with apple juice before freezing it.

Colic

Colic can be a painful experience for both the parents and the child. It's usually caused by painful spasmodic contractions of the infant's undeveloped digestive tract or trapped air and gas. It takes roughly three months for an infant's digestive tract to mature. The majority of instances of colic resolve within this time frame, while some may last longer. The following suggestions are all kind and helpful, and they function in tandem with the infant's sensitive nature.

Create a Calming Environment: Colicky children are often hypersensitive to their surroundings. Because you, as the parent, are your child's major source of emotional and physical nourishment, your health can help with colic relief. During mealtimes, soft, soothing music is typically beneficial. Before nursing, mothers should consume warm nervine teas, such as chamomile, lemon balm, and passionflower. Feeding time should be a time of quiet, restful

sharing whenever feasible. If you are agitated and uptight, the infant will typically respond with the same level of vigour. Of course, this does not imply that all colicky newborns have stressed-out parents, but it is vital to remember that a quiet environment promotes the child's well-being.

Irritating Foods Should Be Avoided: Nursing mothers should avoid foods that irritate their infant's digestive tract. While each child's digestive system is unique, several foods are common irritants. For example, the brassica family, which includes cabbage, broccoli, cauliflower, kale, and collards, is high in sulfur, which causes gas in the intestines and can cause discomfort in both infants and adults. Hot, spicy meals should be avoided because an infant's digestive system isn't ready for them yet. Avoid chocolate, peanuts, and high-sugar foods, as they inhibit digestion, promote congestion in the digestive tract, and exacerbate colic spasms and contractions. Consider keeping track of your diet and your child's colicky symptoms to see which foods irritate him. You might also want to give up coffee, or at least consume less of it. Although the amount of caffeine in your everyday coffee may not appear to be extremely stimulating to you, this is due to your body's adaptation to it. Regardless, coffee is a potent stimulant. Your child's developing nervous system will react quickly to its stimulating effects, and he or she may become agitated, overly energetic, and colicky as a result. Coffee is also quite acidic, wreaking havoc on an infant's still-developing digestive system, compounding the problem.

Supplement with Acidophilus and Other Probiotics: For infant colic, acidophilus (*Lactobacillus acidophilus*) and other probiotics are strongly suggested. These bacteria are naturally found in the human digestive tract, and supplementation can aid in developing healthy intestinal flora and the generation of digestive enzymes. Most natural food stores have acidophilus formulations specifically for children. Double the quantity recommended on the product label to treat colic. Include daily portions of yoghurt, kefir, and buttermilk, cultured dairy products that contain beneficial probiotics, such as acidophilus, if the child is consuming solid foods and is not lactose intolerant. Some children enjoy sauerkraut and miso, both high in probiotics and important to restoring gut flora. A nursing mother should eat several portions of these cultured foods per day to soothe her colicky newborn.

Sliding elm, fennel, anise, dill, and catnip are the most effective herbs for relieving colic. To ease the acute symptoms of colic, try feeding the baby tea made from these plants. Alternatively, grind them into a powder and mix them into the baby's diet. If the mother is breastfeeding, including these herbs in her diet may be beneficial.

Marsh Mallow Gruel

This thick tea (gruel) is both relaxing and nourishing. There's no need to strain the gruel because the herbs are pulverized. I usually use marshmallows in this mix, but if the colic persists and the marshmallow isn't working, use one part slippery elm powder.

INGREDIENTS

2 parts marshmallow root powder

1/8 part cinnamon bark powder

1/8 part fennel seed powder

Maple syrup

INSTRUCTIONS

1. Combine the marshmallow, cinnamon, and fennel seed in an airtight container and keep it in the refrigerator until ready to use.
2. In a small saucepan, blend 1 tablespoon of the herb mixture with 1 cup of water. Bring to a boil, then reduce to low heat and simmer for 10–15 minutes. Maple syrup can be used to sweeten to taste.
3. Serve immediately. If you want, you can mix it with juice or warm cereal. Any leftover gruel should be kept in the refrigerator. The infant is free to consume as much tea as he or she wants. A breastfeeding mother should consume 3–4 cups of liquid every day.

Seed Tea

This seed-based tea helps an infant expel gas and relieves the symptoms of colic.

INGREDIENTS

3 parts anise seed

3 parts chamomile flower

1 part dill seed

1 part fennel seed

¼ part catnip leaf

Pinch of the stevia leaf to sweeten

INSTRUCTIONS

1. Combine the ingredients in an airtight container and store them until ready to use.
2. To make the herb mixture, pour 1 cup boiling water over 1 tablespoon herb mixture and set it for 45 minutes, covered. Allow cooling before straining.
3. Give the newborn teaspoon amounts every few minutes to treat colic symptoms until the pain subsides. If given in tiny amounts before feeding time, this tea may also be excellent colic preventative.

Colic Tablets

Hyland's makes an excellent homoeopathic colic pill. It can be found in most health food stores. Countless colicky babies have found relief with this safe, all-natural solution. Follow the directions on the bottle for dosage.

Old-Fashioned Techniques That Still Work

Amid a colic attack, there are a few old-fashioned and effective techniques to try:

- Bath with herbs. In warm chamomile or lavender bath, place your infant. If the infant is bottle-fed, he or she can nurse while relaxing in this calming bath.
- Compress made of herbs. Place a towel soaked in warm, calming herb tea — such as chamomile or lavender — over the child's stomach area to assist the child's stomach muscles in relaxing. Make sure the towel is warm enough but not too hot. Warm water and herbal essence are frequently required to relax the youngster and relieve muscle spasms.
- An essential oil that is calming. A drop or two of lavender or chamomile essential oil in the bathwater or on the towel will frequently work wonderfully if you're trying the herbal bath or compress indicated above.
- Burping. There's also the tried-and-true method of burping. Place the child's head against your shoulder to cushion it. Gently pat his or her back. Children appear to be entranced into forgetting the difficulty when they are patted in a rhythmic pattern. Of course, you are assisting in the movement of the gas deposits, in addition to distracting the child from his or her pain for a few moments.

Cradle Cap

Cradle cap is a disorder that most children eventually outgrow. It is neither dangerous nor contagious. Most newborns' sebaceous glands are underdeveloped and may oversecrete, resulting in a yellowish, oily crust — the "cap" — on the child's scalp. By gently rubbing a herb-infused oil (see) into the scalp two or three times daily, you can eliminate this buildup and help regulate the activity of the sebaceous glands. Leave the infused oil on the Cradle Cap Oil overnight, and the crust will come off easily the next morning with gentle rubbing. Avoid picking at the crust or roughhousing the child's fragile scalp. Only use gentle baby shampoo as necessary.

Tea for Cradle Cap

If the baby's cradle cap persists, try giving him this warm herbal tea. These herbs help to regulate the sebaceous glands and promote the lymphatic system. This tea can also be used on the scalp as a light cleanser.

INGREDIENTS

1 part burdock root, chopped

1 part mullein leaf

1 part red clover blossom

INSTRUCTIONS

1. Combine the herbs in an airtight jar and store them until ready to use.
2. Pour 1 cup boiling water over 1 teaspoon of the herb combination and soak for 30 minutes, covered. Strain.
3. For several weeks, give the infant 2 teaspoons of tea three or four times a day.

Cradle Cap Oil

Massage your child's scalp with this oil daily. The botanicals in this oil blend will help remove the cradle cap buildup on the scalp by gently modulating the sebaceous glands and encouraging them to discharge more efficiently.

INGREDIENTS

1 part chamomile flower

1 part mullein leaf

1 part dried nettle leaf

Olive oil

Lavender essential oil

INSTRUCTIONS

1. Infuse the chamomile, mullein, and nettle in the olive oil using the double boiler method and steep for 1 hour, as directed in the recipe. After straining, add one drop of lavender essential oil per ounce of herbal oil. Fill a bottle with the mixture and store it in the refrigerator or a cool place.
2. Please make sure the oil is at room temperature before using it. Apply a tiny amount of the oil to the child's scalp and gently massage it in. As you finish, gently massage away any excess oil. Do this at least twice a day.

Diaper Rash

- The majority of diaper rashes respond well to natural treatment. It could be caused by a herpes-related virus or a yeast-related fungus, or it could suggest that the child has an allergy to something she or he is consuming or is regularly exposed to in the environment if the diaper rash is persistent or recurrent, or if it does not respond to natural remedies. In such circumstances, seek guidance from a holistic health care practitioner or a paediatrician. Diaper rashes are commonly caused by one or more of the following irritants:
- Harsh detergents. On cloth diapers, laundry detergents can leave a soap residue. Changing to a gentler soap can make a significant difference. Use a liquid soap like pure castile soap or mild soap flakes like Ivory. Detergents, ammonia, and bleach should never be used. Bleach is just as bad for the environment as it is for your infant.
- Foods that irritate you. Certain meals can harm a child's developing digestive tract. Spicy meals, citrus fruits, and other high-acid foods are strong irritants that can harm a kid when consumed directly or via the mother's milk. To determine if it makes a difference, try removing these foods from your child's (or the nursing mother's) diet.
- Teething, fever, and other stress-related events are all common. Toxins are released into the child's system due to health stressors, which might manifest as diaper rashes or other skin disorders. The rash should go away once the occurrence or event is done; in the meantime, you can help the child by providing compassionate, holistic home health care and addressing the symptoms of diaper rash as outlined here.

Plant a garden in your tummy with Acidophilus Preparations! Acidophilus and other probiotics improve digestion, assimilation, and excretion by restoring healthy gut flora. Three times a day, take a teaspoon of acidophilus culture. Use a formulation designed specifically for youngsters. You can even apply acidophilus directly to the rash by diluting it in plain, unsweetened yoghurt. Naturally fermented foods like yoghurt, kefir, sauerkraut, kimchi, and miso, which contain acidophilus and other probiotics that promote digestion, can also be included in your child's diet.

Remove Your Diapers! Remove your child's diapers as much as possible if he or she has a diaper rash. Allow the child to be a nudist for a while. The more air and sunlight your youngster gets, the better (but you must safeguard his or her fragile skin from sunburn and your furniture from repeated soaking — and worse).

Use Herbal Powders: For ordinary baby powder and diaper rash cure, use basic arrowroot powder or a herbal arrowroot-clay mix. Cornstarch, a time-honoured treatment, is also highly efficient, although it is not suggested for yeast-related diaper rashes since it may promote the growth of certain germs. Talc, which is a probable carcinogen, is used in commercial baby powder. It also contains synthetic smells, which might irritate the sensitive skin of a baby. Make your baby powder (recipe follows) or purchase one produced with natural ingredients. Take care not to spread the powder too widely in the vicinity of a baby who has respiratory issues.

Baby Powder

This is a great baby powder to use daily. If you want to perfume the powder, make sure to use only pure essential oils that aren't irritating to the child's sensitive skin. Orange oil is a mild and refreshing aroma that is frequently used in baby powders. Another fantastic option is lavender essential oil, which smells great and has disinfecting characteristics.

INGREDIENTS

2 parts arrowroot powder

1 part white kaolin or bentonite clay

$\frac{1}{4}$ part comfrey root powder

$\frac{1}{4}$ part marshmallow root or slippery elm (ethically harvested) powder

A few drops of pure essential oil for scent (optional)

INSTRUCTIONS

1. Combine the arrowroot, clay, comfrey, and marshmallow in a large mixing bowl. If using essential oils, put a few drops into the mixture, cover with a porous cloth or paper towel and set aside to dry for at least a few hours, if not overnight. Then whisk once more to dislodge any clots or clumps that have developed.
2. Pour into a shaker bottle, such as a spice jar or a powder container. As needed, apply to the bottom of the baby.

Add part echinacea powder, part organically cultivated goldenseal powder, and part myrrh powder to this mixture to cure diaper rash.

For a more serious rash, consult your doctor. To make a thin paste, combine the powder with water or comfrey tea. (The paste must be thin; it will dry out a child's sensitive skin if it is too thick.) Apply the cream on the rash and let it sit for 30 to 45 minutes. Rinse gently with warm water or soak in a warm tub to remove. If you try to scrape or peel the paste off, you may irritate the child's rash much more.

Soothing Herbal Salve

One of the finest cures I know for rashes, scrapes, and other skin irritations is a herbal salve made with St. John's wort, comfrey, and calendula (recipe below). I've been creating this recipe for over 25 years, and it's an excellent diaper rash treatment.

All-Purpose Healing Salve

This is my absolute favourite diaper rash salve recipe. It can also be used to treat wounds, scrapes, burns, and other skin irritations. I prefer to use a to make the salve. If you don't have time to steep the herbs in olive oil in the sun for two weeks, or if the sun isn't shining, steep the herbs for several hours in a double boiler over extremely low heat.

INGREDIENTS

1 part calendula flower

1 part comfrey leaf

1 part St. John's wort flower

Olive oil

Grated beeswax

1-2 drops essential oil (optional; lavender, tea tree, or chamomile would be a good choice)

INSTRUCTIONS

1. Make a salve with the ingredients.
2. Use as necessary. After each bowel movement, wash and dry the baby's bottom, apply the herbal salve, and finish with a small dusting of baby powder. Unless herpes or staph are involved, this treatment strategy using solar-infused oil in concert with the other treatments provided in this section will usually clear up even the severe diaper rash.

Diarrhea

Few youngsters have never had diarrhoea — or its opposite, constipation, which we'll explore next. Diarrhoea can be caused by various factors, the most common of which include an allergic reaction to or an overabundance of specific foods, a bacterial or viral infection, teething, fever, or mental distress. Dehydration is the main issue with diarrhoea, which can happen fast if fluid intake is minimal and can be fatal if severe. If your child is experiencing diarrhoea, make sure he or she is getting enough fluids. Don't just guess: keep track of how much liquid the youngster drinks and give him or her warm baths to aid with liquid absorption. A warm enema is one of the most effective ways to hydrate a small infant who is dehydrated immediately; check the instructions for further information. Although liquid intake is crucial, the youngster does not need to ingest solid meals. It's preferable if she or he drinks liquids, such as herbal teas, vegetable broth, and chicken or miso soup. Solid food causes the already overworked digestive system to work overtime. It also means more runny diapers because whatever you ingest will come out rapidly.

Allow foods like yoghurt, kefir, buttermilk, cottage cheese, potato soup, mashed potatoes (no gravy or butter) if the child wants to eat. Instead of upsetting the digestive system, these foods are easy to digest and contribute to the recovery. Though milk products, such as Diaper Rash Herbal Enemas, might aggravate diarrhoea, cultured milk products, such as Diaper Rash Herbal Enemas, can help. Beneficial bacteria are added to Marsh Mallow Gruel yoghurt, kefir, and buttermilk, which help the digestive tract. Acidophilus and other probiotics can also boost the immune system and introduce healthy gut flora; take a spoonful of acidophilus culture every hour until the diarrhoea stops. (Use a supplement designed for kids.) Furthermore, commercial pediatric electrolyte solutions such as Pedialyte can assist prevent dehydration.

Blackberry Root Tincture

Blackberry root is a traditional Native American medicinal herb, one of the most powerful for diarrhoea relief. This tincture should alleviate the condition when combined with a high fluid intake, herbal baths, and a very basic diet. Unfortunately, despite how ubiquitous blackberries are, blackberry root tincture is difficult to come by. You may have to make your own. Although digging the root is tough, the tincture itself is simple to manufacture.

INGREDIENTS

1 part blackberry root (dry or fresh), finely chopped

Alcohol or vegetable glycerin

INSTRUCTIONS

1. Make a tincture out of the blackberry root by following the directions in the section.
2. To use, dissolve 1 teaspoon of the tincture in a cup of warm water, juice, or herbal tea, and take a teaspoon every hour.

Diarrhea Remedy Tea

To make it more appealing, you can flavour this tea with a small amount of maple syrup or blackberry juice concentrate (available in natural foods stores).

INGREDIENTS

3 parts blackberry root

2 parts marshmallow root

1 part licorice root

1/8 part cinnamon bark

Constipation

Constipation is frequently caused by consuming “hot and dry” or difficult-to-digest foods, as well as insufficient fluid consumption. Constipation in youngsters can also be caused by apprehension or refusal to use the toilet. Children may refuse to use the restroom because they are engrossed with play or unresponsive to the cues their bodies are sending them. They may be hesitant to use the bathroom because of a terrible experience in the past or because they believe the bathroom lacks privacy (as may be the case in a public setting, for example). If youngsters do not allow themselves regular bowel motions for whatever reason, their stool hardens, resulting in constipation.

Keep an eye out for these kinds of behaviours, and evaluate your child’s toilet habits regularly. If you catch the problem early enough, you may be able to avoid a lifetime of uncomfortable elimination. Changes in diet, some drugs, and excessive consumption of specific foods can all cause constipation. The most prevalent food culprits are high-fat dairy products, wheat, eggs, and refined, processed meals. If your child develops constipation, the first step is to have him, or her avoid items that cause it, such as refined wheat goods (including pasta, bread, and crackers) and hard cheeses; a nursing mother whose infant is constipated should avoid these foods as well. At the same time, foods that aid in healthy elimination includes fruits, vegetables, whole grains, liquids, molasses, dried fruit (especially apricots and prunes), and moist, cooling meals like oatmeal and mash, should be included in the diet. Switching a constipated youngster bottle-fed cow’s milk to goat, rice, or soy milk may help. Carob powder, marshmallow root or slippery elm bark, flaxseed, psyllium seed, licorice root, and Irish moss are some of the plants that can aid. These plants can be pulverized and incorporated into the child’s diet. Give 1 to 4 teaspoons three or four times a day, or as needed if constipation is present. Use the lower dose for children under the age of ten. These plants are not laxatives in the traditional sense, but they do add bulk to the diet. The following guidelines, when paired with the nutritional instructions above, should help a child suffering from constipation:

- Probiotics such as acidophilus and others. With each meal, take a teaspoon of acidophilus (choose a child-friendly product). Acidophilus helps digestion by introducing beneficial bacteria to the digestive tract.
- Herbs that help you gain mass. In a food processor, combine equal marsh mallow root (or slippery elm bark), flaxseed, and psyllium seed and process until finely powdered. At each meal, combine 1 teaspoon of the mixture with the food. Carob, another plant that promotes regular bowel motions, can be added as well.
- “Candy” for bulking up. Combine dried fruits and powdered herbs to make a special bulk-building “candy.” Combine prunes, figs, apricots, and raisins in a food processor. Psyllium seed powder, marsh mallow root powder, slippery elm bark powder, and fennel seed powder. To thicken, add enough carob powder. Roll into balls and serve as a tasty and nutritious snack daily.
- Triphala. Give the kid Triphala, an Ayurvedic formula made up of three medicinal fruits if constipation persists. Thousands of people throughout the world use Triphala as one of the most popular medicines for bowel problems. Triphala, while not a laxative, aids digestion and stimulates sluggish bowels. The dosages listed on product packaging are usually intended for adults.
- Water. Make sure the child gets lots of water at room temperature. If morning constipation is a problem, give the youngster warm psyllium seed water first thing in the morning (soak teaspoon psyllium seed in cup water overnight; add lemon juice and honey or maple syrup to taste). Depending on the child’s age and size, he or she should drink from a cup.
- Fruit, both fresh and dried fruit consumption, can assist in managing bowel movements. Fresh fruit is delicious. Try soaking dried fruit like apricots and prunes overnight and giving them to your child first thing in the morning. The best option is to go organic. Encourage your child to drink the water that the dried fruit has soaked in or use it in making cereal if the dried fruit is organic.
- Exercise. Regular bowel movements necessitate exercise. Most children do not have trouble getting enough exercise, but you may want to set out some time to perform certain activities together regularly. A morning stroll is a great way to get the blood flowing and spend quality time with your family. Every day, the main purpose is to provide some focussed, tranquil activity that gets the body moving while also soothing the mind and spirit.

Tea to Relieve Constipation

This blend stimulates sluggish bowels and encourages smooth bowel movements.

INGREDIENTS

4 parts fennel seed

2 parts psyllium seed

1 part licorice root

1 part marshmallow root

½ part cinnamon bark

Pinch of the stevia leaf to sweeten

INSTRUCTIONS

1. Combine all of the ingredients in an airtight container and keep refrigerated until ready to use.
2. To prepare, make a decoction with the plants. Strain.
3. Serve a cup of tea with each meal or as needed.

Earaches

The ear canals are not fully formed until a child is three or four years old, and as a result, they do not drain well. When a child is congested or has a cold, extra mucus can clog the ear canals, preventing them from draining correctly. Bacteria thrive in the wet environment of collected secretions, and illness is common. Allergies can also cause ear infections. Consider the potential of allergies if your child's ear infections persist despite your best efforts. Sugar, citrus, and dairy products such as milk, cheese, and ice cream are the most prevalent culprits. Wheat is another major contributor, and many parents are discovering that removing wheat from their children's diet makes them healthier and less allergic. Ear infections can be quite dangerous. They can leave a youngster with hearing loss if not treated properly. As a result, it's critical to treat an ear infection as soon as possible and consult with a holistic health care practitioner and your family paediatrician. Congestion, runny nose, fever, and persistent rubbing or pulling of the ear lobe, along with irritability and fussiness, are all early indicators to look out for. If your child wakes up sobbing and pulling at her ears in the middle of the night, an infection has entered the ear canals and has to be treated right away. For an ear infection, most paediatricians will prescribe antibiotics. While occasionally helpful in emergency cases, antibiotics do not address the root of the problem, and they can cause chaos in a young child's system, upsetting the immune system and making the youngster more susceptible to sickness. Furthermore, as we can see now, the overuse of antibiotics is wreaking havoc on our healthcare system and the environment. As a result, anytime you use antibiotics, it's critical to follow the guidelines indicated below to help the child's body metabolize the antibiotics and ensure the medications' efficacy.

Rest and Simple Remedies: When a youngster has an ear infection, he or she must obtain lots of rest. He should not venture out into the frigid air too soon. It is typical to believe that a youngster has recovered from an ear infection and sends him or her out to play too soon. I've seen parents tell me, "Johnny kept me awake all night weeping with a nasty ear infection." He was fine in the morning, so I sent him to school. But, wouldn't you know it, the ear infection returned the next night in full force." Infections in the ears have a habit of doing that. Consider keeping a child with an ear infection at home for at least a few days until the infection is gone. The inconvenience it would cause in our excessively busy lives is usually why we don't do it. Who these days has the time or the "luxury" of staying at home to care for a sick child? However, that time spent caring for a sick child at the start of the illness frequently equates to significantly less time missed in the long term. If your child has an ear infection, avoid giving him or her foods that induce congestion and aggravate the problem. Sugar and sugar-rich foods, dairy goods, particularly milk and cheese, wheat products, orange juice (yes, orange juice), and most refined, processed foods are examples of these foods. Acidophilus and other probiotic cultures, taken in teaspoon quantities many times a day, can aid ear infections. Try a tea made with freshly grated ginger, freshly squeezed lemon, honey, or maple syrup. It's a decongesting and refreshing combination. According to traditional Chinese medicine, the health of the kidneys is directly linked to the health of the ears; I've found this to be true as well. However, for best outcomes, this medication should be used in conjunction with other therapies. Ensure the youngster drinks enough fluids, such as water, to support the kidneys; cranberry juice is also an excellent choice, as it is a kidney-strengthening tonic. Also, try putting warm packs on your lower back (the area of the kidneys).

Know the Cause of an Ear Infection: Please keep in mind that this is only applicable if the ear infection is caused by ear canal congestion. When water is the source of the problem, adding oil can make it worse. Congestion or water in

the ear (swimmer's ear) are the two most common causes of ear infections. How can you identify the difference between the two? If you have ear pain along with a runny nose, cough, or other cold or flu symptoms, the infection is most likely related to congestion. If the child has been swimming or has had water in his or her ear during a long bath or shower and there are no signs of congestion or cold or flu symptoms, the infection is most likely caused by water in the ear. Do not use oil to treat an infection caused by water in the ear. Instead, use rubbing alcohol, witch hazel extract, apple cider vinegar, or St. John's wort tincture to aid the evaporation of the water. To assist battle the infection, add a drop of tea tree or lavender essential oil to the rubbing alcohol/vinegar/witch hazel or tincture. Place a few drops of the solution into each ear and massage it in. Placing a warm pack over the ear can both relieve discomfort and provide comfort.

If your child's ear infection doesn't improve after a day or two of herbal home therapies, if the pain and infection worsen, or if pus or blood flows from the ear, the eardrum may have ruptured, and you should seek medical attention right once. I understand that this sounds frightening. However, use common sense. The majority of ear infections will recover on their own with easy home remedies and common sense methods. When an infection is treated promptly, eardrums seldom burst, and if they do, unless the infection has been neglected and recurs repeatedly, ruptured ears normally recover fine over time with no hearing loss.

Garlic and Mullein Flower Oil

This is one of the most effective natural remedies for congested ear infections. It's critical to treat both ears because the ear canals are connected and the infection can spread. Garlic is well-known for its antibiotic qualities and ability to combat illnesses. Mullein flower is a pain reliever that also helps to combat infections. St. John's wort is an antiviral and antibacterial herb with anti-inflammatory properties. The oil contains a blend of herbs that not only fights illness but also soothes pain. Make that the oil is heated, not hot.

INGREDIENTS

2–3 tablespoons chopped garlic

2–3 tablespoons mullein flowers (fresh flowers are best, but dried flowers may be used)

2–3 tablespoons St. John's wort flowers (optional)

Olive oil

INSTRUCTIONS

1. Infuse the olive oil with the garlic, mullein, and St. John's wort (if using), as directed in How to Make Infused Oils.
2. Warm a teaspoon or so of the oil before using. Warm to the temperature of your mother's milk exclusively (about room temperature). Fill a dropper halfway with oil. Drop several drops into the child's ear facing up while he or she is lying down on his or her side. Allow a minute or so to pass while gently massaging the ear, then roll the child over so you may drop few drops into the other ear. Within a few minutes, any remaining oil will drain on its own.
3. Massage the heated herbal oil into your skin every 30 minutes or as needed

Ear Infection Formula

You can administer this formula as a tincture, as directed below. Or you can powder and encapsulate these herbs to administer to older children.

INGREDIENTS

1 part echinacea root

1 part garlic (fresh)

1 part reishi mushroom (dried, cut, or powdered)

$\frac{1}{4}$ part elderberry

$\frac{1}{4}$ part goldenseal root (organically cultivated)

Alcohol or vegetable glycerin

INSTRUCTIONS

1. Make a tincture with the herbs.
2. To use, take a teaspoon of the tincture three times a day, diluted in warm water or juice.

Fevers

A functioning immune system is accompanied by a fever, a natural method for ridding the body of illness. It's only when the fever becomes too high or lasts too long that it becomes incapacitating, if not fatal. If your child's fever is higher than 102°F/39°C or lasts more than a few days, see your holistic health care provider or paediatrician right once. Otherwise, think of fever as a beneficial instrument. It is a crucial component of the immune system's reaction. Use the approaches listed below to assist your child get through a fever and, if necessary, lower it.

Hydration

When it comes to small children, it's critical to keep their hydration intake up during a fever. The main danger of a childhood fever is dehydration, not the fever's actual temperature. As a result, make sure any child with a fever drinks plenty of water, herbal tea, or diluted juice. Unwell children may be reluctant to eat or drink. So, how are we going to get enough fluid into them? Give them a straw to make drinking simpler, especially if they're prone – a fancy straw will make it much more fun! As a high or low water temperature can interfere with absorption, ensure the drink is at normal temperature. Make sure the beverage is pleasant so the youngster will want to drink it; a little maple syrup or honey can help to make the drink more appealing while also providing some nutrition. Enemas can assist hydrate a feverish child, especially if he or she refuses or cannot drink enough water. Enemas were previously a popular way to reduce fevers, but nowadays, most parents give their children acetaminophen and other antipyretics on making Herbal Enema anti-inflammatory drugs that prevent our natural immune from doing its work. Of course, if the fever persists and the child's condition worsens rather than improves, it's time to seek medical help. But, rather than suppressing our immune system, doesn't it make more sense to utilize a supportive treatment that works with it? Isn't it true that treating rather than concealing the underlying concerns results in a healthier child in the long run?

Apple Cider Vinegar Treatments

Bathing the youngster in a tepid or warm bath is an old-fashioned and effective way to reduce a fever. In the bathwater, add a cup of apple cider vinegar. Make sure there aren't any drafts in the room. Wrap the child in a warm flannel sheet after the bath. A couple of drops of calming, soothing chamomile essential oil, diluted in a little water, sprayed over the sheet can be extremely useful. Wrapping the child's feet in a cool cloth dipped in a mixture of apple cider vinegar and water is another way to reduce fever. Keep the child warm by wrapping him with a blanket.

Fever-Reducing Tea

This is a classic formula for treating colds, cases of flu, and fevers. Variations of it can be found in health food stores and markets today.

INGREDIENTS

2 parts catnip leaf

2 parts elder blossom

1 part echinacea root

1 part peppermint leaf

INSTRUCTIONS

1. Combine the herbs in an airtight jar and store them until ready to use.
2. Pour 1 cup boiling water over 1 teaspoon of the mixture and set aside for 1 hour, covered.
3. Repeat the process every 30 minutes.

Chicken Pox, Measles, and Other Skin Eruptions

Chickenpox and measles are unpleasant, but most youngsters can get over them with a little help and natural home remedies. Even though they are two distinct diseases, they are treated in the same way. The goal of treating these frequent pediatric ailments should be to support the body's natural defence mechanisms. The following treatments are designed to help the body's immunological reactions and natural ability to respond to certain illnesses. If the child is under the age of two, consult your paediatrician, and be extra cautious and vigilant when dealing with measles.

Super Immunity Syrup

This recipe can also be made into a tea, but you'll need to flavour it with tasty herbs like lemon balm and lemongrass. This immune-boosting syrup helps the body fight infection, boosts the deep immunological response, and reduces the rash's unpleasant side effects.

INGREDIENTS

2 parts elderberry

2 parts green milky oats

1 part astragalus root

1 part burdock root

1 part echinacea root and flowering top

Honey or another sweetener of your choice

INSTRUCTIONS

1. Make a syrup out of the herbs, sweetening it with honey.
2. At the first sign of infection, give 1 teaspoon every hour until the symptoms subside. During an infection, give 4–6 times per day.

Itch-Calming Tea

Children are itchy and irritable when they have chickenpox, measles, and other skin irritations. This nervine tea will help soothe both conditions — the itchiness and the irritation.

INGREDIENTS

2 parts lemon balm leaf

2 parts green milky oats

1 part calendula flower

1 part passionflower

1 part red clover blossom

Stevia leaf, honey, or maple syrup to sweeten

INSTRUCTIONS

1. Combine the herbs in an airtight jar and store them until ready to use.
2. Pour 1 cup boiling water over 1 teaspoon of the herb combination and soak for 30 minutes, covered. Strain, then sweeten with stevia, honey, or maple syrup to taste.
3. Allow the child to drink as much as he or she wants.

Valerian-Burdock Tincture for Itching and Skin Rash

This is my favourite mixture for itchy relief and relaxation. Most natural foods stores sell ready-made tinctures of burdock root, echinacea, and valerian; combine them in the quantities listed below.

INGREDIENTS

2 parts burdock root

1 part echinacea root

1 part valerian root

Alcohol or vegetable glycerin

INSTRUCTIONS

1. Make a tincture with the herbs.
2. To use, take a teaspoon of the tincture three times a day, diluted in warm water or juice.

Note that valerian can be a stimulant for some children. Stop using this tincture if you observe your child getting more irritable and energetic after using it.

Oatmeal Bath

A warm oatmeal bath soothes itchy, irritated skin like nothing else. Place the strained oatmeal in a cotton bag or sock and add it to the bathwater for added comfort. Consider adding a few drops of lavender essential oil, which has antibacterial and disinfecting characteristics, in addition to being a soothing nervine that will assist with the discomfort and itching.

INGREDIENTS

2 cups oats

8–10 cups water

Lavender essential oil (optional)

INSTRUCTIONS

1. In a large pot, combine the oats and water. Bring to a boil, then reduce to low heat for 5 minutes. Then filter, saving the liquid (and, if desired, the oats).
2. Pour the liquid into a bathtub filled with water. If desired, add a drop or two of lavender essential oil. Allow your child to bathe in the warm, calming water for as long as he or she wants — and as frequently as he or she wants.

CONCLUSION

Numerous indigenous medical systems have long acknowledged herbal medicine's medicinal potential. Herbs are utilized as cosmetics, dietary supplements, and weight loss aids in addition to their therapeutic applications.

In terms of medicinal plants, developed countries have a different emphasis than developing countries. Developed countries are looking for leads to develop pharmaceuticals from medicinal plants, whereas developing countries are looking for low-cost herbal formulations since they cannot afford to go through the lengthy drug development process with pure chemicals. In India, the indigenous medical system is officially recognized. The government supports Ayurvedic education, reimburses the cost of Ayurvedic treatment, and approves medications based on Ayurvedic compositions.

Natural products or natural products based on natural products accounted for around one-fourth of the medications approved between 1981 and 2020 [181]. Despite the ups and downs in funding for medicinal plant drug discovery, new drugs in the pipeline for FDA approval include morphine-6-glucuronide (a morphine derivative with fewer side effects than morphine), vinflunine (a cancer modification of vinblastine), exatecan (a cancer analogue of camptothecin), and calanolide A. (a dipyranocoumarin from *Calophyllum lanigerarum* var *anstrocoriaceum*, an anti-HIV drug).

Medicinal plant drug research has generally taken longer and has been more difficult than other drug discovery strategies. As a result, many pharmaceutical corporations have scaled back their natural-product research efforts and budgets. Overexploitation of medicinal plants in developing nations requires special attention to protect biodiversity while also meeting the need for herbal medicines through sustainable utilization and production. Current medicinal plant drug discovery research employs a multidisciplinary strategy incorporating botanical, phytochemical, biological, and molecular approaches. There is a need to enhance technologies for the fast isolation of active chemicals in large quantities for use in scientific plant collections and biodiversity preservation. Collaboration with profit-sharing agreements between prominent institutes, pharmaceutical corporations in rich nations, and organizations in underdeveloped countries where most medicinal plants are still unknown is also desirable.
